

# Life and Law

WITH AN AFTERWORD BY THE AUTHOR

Maude Glasgow

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# Life and Law

The Development and Exercise of the Sex  
Function, together with a Study of the  
Effect of Certain Natural and  
Human Laws, and a Considera-  
tion of the Hygiene of Sex

By

Maude Glasgow, M.D.

*"Reasoning at every step he takes,  
Man oft mistakes his way;  
While meaner things which instinct guides  
Are seldom known to stray."*

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## PREFACE

THE proper study of mankind, we are told, is man, and since the laws of life, as Herbert Spencer points out, underlie the activities of all living things, we cannot continue to ignore the basal facts which form the foundation of our social structure.

Since the dawn of history, man has manifested an active interest in the mysteries of the world about him. He has regarded with awe and wonder the harmony and nice adjustment of nature's laws. The mechanism of his own body he has studied with curiosity, but some of its functions have excited in him a contempt and disgust almost blasphemous.

Public opinion governs the world. It is one of the strongest of social forces as it is one of the most difficult to combat, for not infrequently the views of the average person, who may be unenlightened and uninformed, actually block the way to progress, and the antiquity of a custom

rather than its justice and beneficence, serves as a sufficient apology for its existence and provides a mantle to hide its abuses.

Happily, however, the age we live in is one of doubt, of question, and of striving after better things. We are in this generation substituting a demand for truth and the logic of fact for the faith and superstitious credulity of an age we have left behind us. We refuse to be governed by the traditions and habits, so utterly unlike our own, of primitive civilizations whose only claims to consideration are those of age and unreason.

From the biological point of view reproduction is one of the most important functions of the body and is most vital to the race. The ability to hand on the torch of life undimmed to future generations is a privilege and a power which most assuredly does not exist for mere sense gratification. It is, moreover, a responsibility which should be shared equally by the two interested parties; *both* should be sound and clean, for the health and vigor of the transmitted life is impaired, if not destroyed, when the contribution made by either party is tainted or diseased. "A good tree," we are told, "cannot

bring forth evil fruit, neither does a corrupt tree bring forth good fruit."

Nature has bestowed upon the female a biological supremacy which makes her sovereign in the field of creative energy. As to her has been assigned the chief rôle in the creation of life, it is incumbent upon her to secure and to exercise those prerogatives which are her primary right and which are wrested from her only at a cost to the race too great for computation.

The best interests of Posterity have been entrusted to woman and largely through her development will progress and evolution be measured.

M. G.

NEW YORK, May 1, 1914.



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# LIFE AND LAW

## I

### THE ORIGIN AND DEVELOPMENT OF SEX

THE origin of life from the lowest to the highest form is the cell; and this small round mass of living matter is supported by a homogeneous structureless tissue called protoplasm, which is the basis of life in the animal as well as in the vegetable kingdom.

In some of the lower forms of life it may be difficult to decide whether the cell is of animal or of vegetable origin, so closely do these resemble each other, but as a rule the vegetable cell possesses a protective wall, while the animal cell is not thus provided.

Cells differ in size and in shape as well as in function. They are capable of movement, possess the power to assimilate food and to excrete waste matters; but most important of all,

they are capable of growth, and of reproducing other cells of similar structure.

A cell, no matter what its origin, will ultimately cease to exist, as must the body of which it is a part; it is, therefore, not to be wondered at, that in the economy of nature, ample provision has been made in both animal and vegetable worlds for rebirth, so that life may be carried on from age to age. While death is constantly occurring, new organisms, new lives as constantly appear to replace the worn-out and old. As a result the earth still teems with life; birth, growth, maturity, and reproduction preceding and following inevitable death.

Reproduction does not necessarily depend upon sex, and it differs greatly in degree; thus a claw, a horn, a tail, an arm, a leg, or even other parts of the body may be cut off without impairing the power of the animal to renew the members of which it has been deprived. The axolotl or sirenon which exists in some lakes in the Rocky Mountains, if deprived of a leg, will reproduce that member, and if it loses a tail, which includes a part of the vertebræ, will grow a new caudal appendage.

There is a small sea worm which sends out

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buds from one or another portion of its body, each bud afterwards developing into a new worm. If the gardener should accidentally divide the earthworm into two portions, one part will develop a head and the other a tail, so that two worms will exist where previously there was only one. There are other organisms, like the hydra, which, if cut in small portions, will multiply by developing a new creature out of each fragment. In the vegetable kingdom similar phenomena may be observed.

In all forms of life, the part reproduced is a portion of its mother's body, and in the earlier forms of life, and still among millions of small creatures there is but one sex and one parent; but as we ascend the ladder of life and existence becomes more complex, a second parent is introduced, apparently for the purpose of affording variety in the species.

This second parent introduces a new element, which probably helps to keep the species young, which facilitates progression and furthers evolution.

Reproductive power makes its appearance with the approaching maturity of the organism when active growth is about to cease, and the

body will have sufficient force and energy to meet the demands made upon it. Where reproductive processes are very active, there is a corresponding diminution, especially noticeable in the higher organism, of the mental, digestive, and other forms of individual activity; and in some instances these may be suspended altogether.

So long as the vegetable world is governed by the same laws as the animal, it is not surprising to find plants propagating themselves asexually as well as in the usual way. When, however, Linnæus first discovered sex in plants, he startled the world. To-day we know that the male and female elements play just as important a part in plant life as they do in the animal kingdom.

The essential parts of the flower are the calyx, usually a circle of small green leaves, each leaf called a sepal, surrounding the blossom proper; then the corolla, composed of small leaves which may be of any color or shade, each leaf being styled a petal; and the reproductive organs of the flower, which are male and female.

The stamen is the male fertilizing organ, and includes the stalk, or filament, and the anther. The anther is really the essential part, and con-

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sists of a bilobed sac, or case, which contains the pollen grains, or fertilizing material. When sufficiently matured, it opens lengthwise and discharges clouds of yellowish pollen dust, consisting of the sperm cells. These are of microscopic size, and of very different shape according to the variety of plant from which they spring. The pollen may be conveyed to the waiting flower by the wind, or by insects, or in other ways; but if brought to a plant of different species than that to which the pollen belongs, it has no effect, so far as fertilization is concerned, upon the blossom.

The female reproductive organs of the plant occupy the center of the flower, and consist of the ovary, the style, and the stigma; these are collectively styled the pistil, the technical name of which is the Gynœcium, just as the technical name for the staminate, or male, reproductive system is the Androecium. When there is more than one pistil in a flower the three members commonly form a ring or circle.

The ovary is the seed receptacle, lying at the base of the pistil in the center of the flower. It contains the eggs, ovules, or seeds of the plant. The style is a slender, tapering stalk, terminat-

ing in a sort of knob, the stigma, and exposing a moist, naked surface to which substances readily adhere. When a pollen grain is conveyed to the stigma, its course is arrested, and in a short time a growth occurs discernible only by the aid of the microscope, which extends to the style, and in due time reaches the seeds or ovules, which are stimulated to life by the pollen grains or sperm cells. Growth then proceeds and the seed matures, while the stamens or male parts of the flower, having completed their work, grow sere and yellow and wither away. Meanwhile the female organs of the plant continue the all-important work of maturing and developing the fruit.

Plants differing in sex and growing together are in many instances not to be distinguished from each other until the approach of maturity. When the pollen of the male plant has been liberated and the female plant fertilized, the former withers away. This stage of plant life may be witnessed in the development of the hemp plant; after fertilization the female plant continues its growth, the seeds ripen and swell, and the stalks grow strong and vigorous. It is from these female stalks the hemp is obtained,



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the male plant being lost to view soon after its office of fertilization has been performed.

Flowers which contain the male and female organs in one blossom are called complete, and this condition of hermaphroditism is common in the vegetable world. Another condition, called monoecism, obtains in plants like the castor-oil plant, the flowers of which are differentiated as to sex, both sexes, however, being found on one plant. A third form is called dioecism. A dioecious plant, represented by the willow, poplar, and hemp, is one which is either entirely female or altogether male.

The blossom and fruit of the apple tree may be examined with profit; the blossom shows the characteristic parts of the flower, and a cross-section of the fruit displays the seed receptacle, in the center of which is the ovary divided into five portions by a thin, somewhat yellowish, and very resistant membrane. The apple, being complete, contains the male and female organs in the same blossom; the staminate, or male parts project beyond the pistillate, or female part, so that the pollen, when ripe, may fall on the pistil. In other plants, a different arrangement is sometimes observed: the pistil instead

of being beneath the stamens is found above them, thus preventing instead of facilitating self-fertilization.

When the pollen of the apple-blossom is deposited on the pistil, the usual process is observed, the sperm cell finally uniting with the ovum. Then the walls of the ovary grow more resistant, the petals drop off, the calyx develops until it completely surrounds the ovary and the ovules with a thick, protecting coat. This finally becomes the juicy fruit, the main object of its existence being to cherish and protect the life within its walls.

Reproductive activity in the animal world differs only in degree from that obtaining in the vegetable kingdom, for the animal body is made up of cellular units and originates from just one tiny nucleated cell. The simplest of all cellular animals is the amoeba, a tiny creature composed of but one cell. If a drop of water is taken from a standing pool and examined under the microscope, the amoeba is seen to consist of a small jelly-like substance with a round spot in the center, called the nucleus. It moves by thrusting out portions of its body in one direction or another, the rest of the body flowing after this

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projection. This small animal is capable of swallowing and digesting fluids, it breathes, and can reproduce itself. The last mentioned process it accomplishes by simply dividing into two portions exactly alike, the parent in this way becoming its own offspring.

Somewhat more complicated than the amoeba, is a groups of organisms known as the volvocineæ, which some zoölogists regard as animal in origin, while others place them in the vegetable kingdom. These organisms certainly do resemble animals in their activity, and in their powers of locomotion. On the other hand, they possess the wall typical of cellular vegetable life, a feature which is absent in the typical animal cell.

The cells in question are round or oval in form, and they move by means of delicate, hair-like projections, termed cilia, by which means they are able to swim. The form of the chromatophore is that of a cup, which fits neatly into the cell cavity. The cells themselves are green in color, and swim around in the water. They multiply by division, the daughter cells developing into complete individuals, and, in turn, swimming around like the parents.

In the higher volvocineæ the cells which com-

pose the body are differentiated from those set apart for reproduction; and these germ cells, differing in sex, differ also slightly in size. The female cells are considerably larger than the male cells, but the latter possess cilia which assist in locomotion. The male cell is here called a spermatozoid.

In volvox the body is round and its walls are found to consist of two kinds of cells. The bulk of the body is made up of small, round cells the most important functions of which are to secure nutrition and to assist in locomotion. Other cells exist, and these are scattered in an irregular manner among the smaller cells; the former, though few in number, are of large size, and their function is that of reproduction.

In organisms of a higher type the germ cells, instead of occurring irregularly, are found in groups set apart specially for reproductive purposes, and are supported and nourished by other cells of the body. In consequence, they form rudimentary sex organs corresponding to the ovaries of the female, and the spermaries of the male.

In the early stages of development, the parents of the germ cells appear exactly alike, and it is

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impossible to distinguish the male from the female cell; nor can they be distinguished from the other cells surrounding them. With the progress of evolution, however, such similarity disappears, and in the more complex creatures the germ cells are widely differentiated.

As we ascend the animal scale, we meet the hydra, which can be found in fresh-water pools, attached to plants or moving around freely. Its color is green or brown, and although minute, it may be discovered without the aid of a magnifying glass. This little animal appears like an elongated sac with tentacles standing out around the top of the sac. The tiny creature is capable of reproducing itself in different ways. If the hydra is cut in pieces, each part will grow into a new animal. It also multiplies by budding, the parent sending out from some part of the body a bud which develops into a new individual; and it is also reproduced from eggs. The germ cells are on the outside of the body; the cells near the tentacles produce the sperms, whereas the group of cells at the lower part of the animal form ova. Both ova and sperms, when mature, fall into the water; the male cells acquiring a tadpole-like form, the ova retaining their

original shape. The cells are attracted to those of a different sex in their vicinity. A physico-chemical attraction draws the unlike cells together; they fuse, the protoplasm of one cell flows into that of the other, causing fertilization and the production of a new life. When cells of a different sex manifest this attraction for each other, the parents of the cells remain neutral, but as we ascend the scale of development, this attraction is transferred to the parents themselves.

The female germ cell is always much larger than the male cell and contains a large amount of nutritive material for the future embryo. It is also passive in character, while the much smaller male germ cell is very active, and has but an infinitesimal amount of nutritive material to contribute to the embryo. Thus the large, well nourished, passive female cell is the antithesis of the small, poorly nourished, hungry male cell; the one cell is able to supply what the other lacks, and their opposing qualities are probably what draws them together.

The earthworm is more complex than the hydra, though still simple in structure. In this small creature, the germ cells are no longer

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found, as in more lowly organisms, outside the body; but are placed in the space between the double tube which forms the digestive canal and the outer wall of the body.

The cells in question are now specialized into regular organs of sex; and as the earthworm is bisexual in character, the reproductive glands of both sexes exist in the same individual. In this instance, the sac containing the sperm cells is found immediately in front of the ovaries, and the animal is, therefore, self-fertilizing.

The tapeworm belongs to the same class of bisexual creatures as the earthworm, for in each division of the body of the former are found glands producing respectively ova and sperms, which unite at maturity and produce young worms.

When the characteristics of both sexes occur in one animal or plant, that is, when an animal or organ is capable of producing both male and female elements, such animal or plant is a hermaphrodite, or double-sexed individual. This phenomenon is very frequently observed among the lower organisms, certain animals, and many plants.

Bisexuality is observed in snails, leeches,

certain worms, oysters, and other creatures, the young of which develop from the egg. We meet with it occasionally in the frog and toad; it occurs in certain fishes, especially the herring, mackerel, and cod. The same condition is observed in one or two species of butterfly. The tiny little thread worm is always a hermaphrodite.

**Parthenogenesis or Virgin-birth.** Parthenogenesis, or virgin-birth, is a primitive form of reproduction; in this manner life was carried on from age to age for a very long period of time by one sex alone. Even at the present time a not insignificant part of life is still produced in this way. In the gradual evolution of sexual reproduction in animal life, we see virgin-birth alternating with sexual reproduction, the latter occurring only for a season or a period, until the higher forms of life are reached, in which sphere it becomes universal.

By means of parthenogenesis vast numbers of small animals are produced in a short time without apparent diminution of the vitality of the parent. Aphides or plant-lice reproduce themselves parthenogenetically and are very prolific, so much so that Huxley calculated that one aphis, multiplying at the usual rapid rate for



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twelve months, would produce a family large enough to weigh down five hundred million men.

Virgin-birth obtains also among the small wheel animalcules that are found in both fresh and salt water, and among such crustaceans as the water flea, the brine shrimp, and others. There are many rotifers among which no males are ever found. Virgin-birth has been observed in the case of certain insects. It has been noted in one or two species of butterfly, in one species of beetle, in some coccus insects, in certain moths, and in gall-wasps.

While there are many small animals among which no males are ever seen, in others parthenogenesis occurs intermittently. Some will show a succession of parthenogenetic generations while the temperature is favorable and food plentiful; but when the cold of autumn is ushered in and food becomes scanty, then male births occur. In certain families of insects, the males disappear for years and then return. But step by step as we ascend the ladder of life, we find virgin-birth alternating with sexual reproduction, until finally only the latter obtains.

The drawback to reproduction by one parent is the resulting similarity from generation to

generation, the offspring being exactly like the parent. The introduction of the male element, however, supplies the variety previously lacking, as well as a rejuvenescing vigor, of great value in the process of evolution. The female continues the race unchanged; her sex is the primary one and as mother of the race her qualities are inherited, because they are those of the race or species to which she belongs. Therefore, variations from her type are variations from the normal. As we have seen, the male, when first introduced, is not at all essential to the productions of life; while without the female force, creation is impossible.

The sphere of this primitive male was very sharply circumscribed; created, as he was, for the performance of but one function—that of fertilization—he was incapable of performing any other; so it was not necessary to set up artificial barriers to keep him in the place assigned by nature to his sex. This tiny male creature was very different in appearance from the female, and so inferior to her in every way that he often appears to belong to another species. He is sometimes blind and wingless in contrast to the female; occasionally he is incapable of taking

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nourishment, a sufficient amount being stored up in the larval state to sustain him until his sole function is performed. This proves conclusively that the one object for which he exists is fertilization; and indeed he very often died or was destroyed by his mate, when he had in this way served his race.

The male mosquito, authorities tell us, does not necessarily take nourishment. There is a small sea-worm which is only about one hundredth part the size of the female, and lives parasitically upon the latter. The male of the coccus is also very small, besides being wingless and blind. The tiny male spider performs his office at the expense of his life, for the large fierce female often dismembers him as he endeavors to complete the one function for which he exists. The cirripede is usually a hermaphrodite, but has been known to carry several little males around with her; several have been found in her pockets. Among fishes, the male is as a rule much smaller than the female, and among birds the female is occasionally larger than her mate.

Indeed throughout the whole invertebrate world, with but few exceptions, the female is larger than the male; but among the vertebrates,

where the male usually fights for the possession of the female, the former is the larger and stronger animal. When the combat is over, the female chooses the victor, whose characteristics are consequently reproduced and intensified in the next generation. As multitudes of males are born, and as the female chooses the finest specimens she can obtain, the male gradually improves, until in time he assumes the appearance of the female, and later on acquires certain other qualities in the way of decoration, or the power of song, which appeal to the taste of the female.

The male, introduced for the purpose of affording variation in the race, is always more variable than the female; he is also more unstable, so that the possibility of reversion to original types is more likely to exist in the male in the absence of causes favorable to the existence of the new types that have been introduced.

## II

### PARENTAL CARE

PARENTAL care is largely in abeyance until a certain stage of development is reached, and in order to make up for the inevitable loss which neglect occasions enormous numbers of organisms must be produced to preserve the type, and permit some multiplication of the species. Without maternal care but a poor quality of life could be maintained. Parental care, which is a different thing, exists here and there in the animal world, furnishing examples of laudable efforts to safeguard the family.

Fishes as a rule display but little instinct of this kind, yet the male of the dace, after fertilizing the eggs in their sandy nest, assists his mate in covering them with pebbles, the eggs remaining where they have been deposited until the young are hatched and are ready to shift for themselves. The male pipefish receives the

eggs from the female and then deposits them in a pouch beneath his tail where they remain until hatched; while the male sea-horse has a pouch on his breast, to which he carefully transfers the eggs, caring for them as long as necessary. The small male stickleback is also a commendable parent; he weaves a nest of leaves in which he cares for the eggs, and later for the young progeny. The obstetric frog is also fully alive to his duties as a parent; he assists in removing the eggs from the female, then winds the tissue of eggs around his own limbs and remains down in the water until the eggs are hatched.

Among birds, the male hornbill has a shining reputation for domesticity. While his mate is brooding, she is incarcerated in a mud prison of his making; he leaves a small aperture for light and air, and through this window the prisoner is carefully fed. There are some other groups in which the male shares with the female the duties of incubation. This responsibility is assumed by both sexes among the Passerines, while in the case of the ostrich and some others, those duties are performed entirely by the male. Among many birds, however,—and the statement applies also to most animals not birds,—

the males have no sense of parental responsibility whatever, and it is not infrequently necessary for the mother to protect her young from their male parent in addition to safeguarding them from other enemies.

As a rule the male parent uses his strength in fighting other males who might dispute his claims or interfere with his activities, rather than in protecting his family. A fight is to the strutting rooster as the very breath of life, but when danger threatens, it is the mother who ruffles up her feathers and courageously attacks an enemy twenty times her size. Among mammalian orders, both wild and domestic, it is always the mother who cares for the offspring, feeds them, and fights for them, and it is always she, and not her mate, who is to be feared when danger threatens. Maternal protection is taken for granted; it has its source in the maternal instinct which "raises no issue and cannot be reasoned with," which is an inherent and fundamental part of the female character; and this natural impulse is as necessary to the race as the vertebræ are to the spinal column. Varying external conditions have, therefore, no effect upon the instinct, and it cannot be altered in a

generation or two, any more than the backbone can be changed within the same period.

Parental instinct is a later product and is not to be compared in depth, unselfishness, endurance, or courage with the maternal feeling. The maternal instinct, so common and primitive, lies at the base of all human progress; without it mankind would be still in a state of savagery and no race or species could evolve. This instinct is the parent of such ethical qualities as sympathy, charity, and justice, which increase with individual development, and make impossible the tyranny, injustice, and cruelty of earlier ages. In the human male the parental instinct has been carefully cultivated, but in not a few it is still but rudimentary. When those in whom the quality is undeveloped are placed in positions of authority, the decisions of such men show its lamentable absence. Because of this defect of development, certain types of individuals are inherently incapable of getting the mother's point of view, and judicial decisions rendered by these men can be tolerated only when the mother element is denied expression.



### III

#### DEVELOPMENT OF THE REPRODUCTIVE FUNCTIONS

MULTIPLICATION may, as we have seen, occur by simple division, by budding, and by eggs. When, among the lower forms of life, one individual furnishes the germ cells or eggs, and another individual supplies the sperms to fertilize these, we find that an enormous number of cells of both sexes are required, and are supplied, to provide for the inevitable waste which occurs when so much is left to chance. As evolution progresses, however, the germ cells become more precious, and this wasteful method is discarded in favor of measures which ensure better protection, and which enable the results to be secured with a comparatively small number.

The cells of germinal origin that were at first scattered here and there throughout the body are now brought together in groups, forming

rudimentary organs of generation; their secretions and productions finding their way out through one or another of the body openings.

Except in the lower forms of life, the important organs of generation are not placed outside the body. In the higher forms these glands are too important and too easily injured to be exposed thus to danger unguarded.

**Reproductive Sacrifice.** Reproduction always involves sacrifice, but it exists for, and is necessary to, the continuance of the race or species, just as food is essential to the sustenance of the body. For this purpose an appetent interest in the performance of racial functions is present in the lowly organism as well as in the highest types of living creature. The instinct is followed unhesitatingly, blindly, though certain death may be involved; the cost to the individual is not counted, so long as the race is served. Race preservation is the great end to be kept in view; and as types progress and evolve, we see nature putting forth special efforts as maturity approaches, so that when this crisis occurs, whether in plant or in animal life, the ends she has in view may be advanced.

In some organisms, reproduction is associated

## The Reproductive Functions 25

with the immediate death of the parent, while in others the sacrifice is more remote. A few small creatures manufacture ova in enormous numbers but the expenditure is so great that the body bursts and the parent expires. Threadworms exist which are preyed upon by the young to such an extent that the body of the mother is reduced to a mere husk. Insects of both sexes are frequently so exhausted by their reproductive efforts that they die almost immediately when their racial duties have been discharged.

As life continues to evolve, the glands or organs of generation become more distinct and complex, and special channels are now developed along which the ova or sperms may travel from their source outward; special methods of adaptation are also evolved to meet special conditions which promote and facilitate the union of germ cells. The sponge, for instance, develops from eggs; the male element is washed in by ocean currents through one of the numerous openings and the ova fertilized; the young find their way to the outside world through one of the many channels which exist in this small creature.

Another curious mode of fecundation is by means of packets of sperm cells, which are ap-

propriated by the female. These packets, or spermatophores, may be found in newts, in certain worms, in leeches, and in snails. The spider keeps a store of sperm cells on his palpi, or movable mouth parts, which are transferred with despatch to the ferocious female, often at the risk of the donor's life, for the male is frequently devoured for his pains. The queen bee has a special receptacle where she stores the sperm cells which she receives from the male, and these cells may be kept without renewal for so long a time as five years. She makes but one nuptial flight. Although the drone expires when he has performed his office, his sperm cells continue to live in this storehouse of the queen until they are required.

The male cuttlefish makes use of his "arms" to thrust the spermatophores into the branchial cavity of the female, where the packet bursts and the sperms are liberated.

The ovaries of the fish are found about the center of the body, corresponding glands occurring in the male; the latter secretes a fluid called milt, containing the tiny sperm cells invisible to the naked eye.

There is a small creature, the lancelet, with

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reproductive organs in the body cavity; the ova, when mature, pass out through the mouth of the parent and are fertilized by the spermatie cells, which issue also from the mouth of the male. The eggs of the jellyfish too pass into the water through the mouth of the parent. The eggs of the frog are fertilized just as they pass from the body of the parent.

Some female insects, such as the sawfly, the grasshopper, and the ichneumon, possess an ovipositor, by means of which they are able to bore a passage into the ground, or to pierce leaves and stems of trees, for the purpose of depositing their eggs.

In higher organisms, the genital duct of the male is modified and specialized to permit the introduction of the germinal fluid into the genital canal of the female, thus facilitating the union of the spermatozoa with the ova.

In mammalian orders, the egg, instead of being passed through the body for development outside, remains within the body cavity until a certain stage of development is reached. Some animals, such as the snake, are viviparous as well as oviparous, the young developing either in the mother's body or from the egg when the

latter is outside the body. In the case of other reptiles, in that of quite a number of fishes, and in the case of some amphibians, the young are hatched before birth and are born alive. This is true of the European salamander and of a family of fish found in California.

The young of marsupials are born in a very undeveloped condition, but nature has provided the mother with pouches of skin where they can be nursed, protected, and fed, the teats of the mother opening into these skin pockets.

Some animals are born blind, such as the rabbit and kitten, while others are fairly well developed.

In some instances the deposition of the eggs and their fertilization are the culmination of a long period of preparation involving different stages of growth; and it is interesting to know that from the beginning to the end of life, while certain tissues have disappeared in the process of development, the reproductive glands always persist until they reach their full development at puberty.

Among many fishes both parents are exhausted when the breeding season is over. At this mating time the male fish refuses to eat, notwith-

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standing the fact that he is consuming much bodily energy in overcoming obstacles on his way upstream, as well as in fighting his fellows, with the result that many succumb completely.

The energy of the female fish is consumed in the manufacture of an enormous number of eggs, composed of rich nutritive material obtained from her own body. Nevertheless, her appetite, like that of the male, remains in abeyance at the spawning season. The nature of this exhaustion can be readily understood when we examine the ovaries of certain fish, such as the shad. These may contain as many as 150,000 eggs. The cod deposits annually from eight to ten millions of eggs; the salmon has fewer eggs to her credit—about 6000 a year—but the egg is large, sometimes larger than a pea.

In more highly organized animals, however, the male reproductive sacrifice is vastly less than that of the female. As one writer puts it, it is for one a pastime, for the other an immolation.

In the higher mammalian orders, the young is literally built up out of the mother's body. Every tissue is drawn upon to furnish material for the new organism; this circumstance explains why so often during pregnancy the teeth decay,

why the skeleton of the body is sometimes softened by the withdrawal of lime salts to furnish material for the new skeleton that is being formed. It explains why the hair is apt to fall out, and why the nervous system is likely to be irritable.

In the fish family, the ova and sperms mature only at certain seasons of the year. The female produces her eggs in batches, and these display different stages of development. During this period the sexes are strongly attracted to each other. They leave the deep waters for the shallower streams in order to spawn. The female deposits her eggs in the sand or gravel, while the male in attendance immediately pours over them the fertilizing milt. This he continues to do as each successive batch is deposited. At the conclusion of their functions both the parents are exhausted, though at the commencement of the season they have been plump and well nourished.



## IV

### SECONDARY SEXUAL CHARACTERISTICS

PRIMARY distinctions of sex are confined to the reproductive organs, and include those functions essential to the reproductive processes; but the secondary sexual characteristics are not directly essential to such processes. They are, however, of service to the race ultimately by the added quality of attractiveness which they give to the owner of these embellishments.

The secondary sexual distinctions make their appearance about maturity, at a time when they can be of most service. Many last only through the breeding season, while others are more or less permanent. Some of these appendages are merely decorative, others are of service in combat, and not a few consist of musical sounds to be used in charming the female. The attractions include antlers, horns, tusks, manes, beards, combs, wattles, plumes, spreading tail

feathers, and skin excrescences of various kinds.

During the mating period, the colorings of many animals—especially is this true of the males—become more brilliant and beautiful; other males, though they remain dull colored, pour forth their emotion in song or in the utterance of certain musical notes, while the female is silent.

The plumage of many male birds is brilliant in spring, but in addition to their gorgeous colorings birds display other graces: some contort their bodies in mid-air, others dance, hop, pirouette, and strut, erect their plumes, and spread their tail feathers in most engaging fashion, to win the approval of the admiring female. In other instances, the male bird in his efforts to charm pours forth a flood of mellow notes. Some voiceless fishes, such as the perch, common sunfish, and roach, become highly colored at certain seasons. The male salmon is not only more highly colored during spawning time, but he develops a long hooked jaw of service to him in the fierce encounters with others of his own sex who happen to come his way. The physical change mentioned is said to be permanent in the British salmon, but in this country the alter-

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ation is but temporary. In the mating season certain batrachians are also highly colored. The male newt dons a dorsal crest and his tail expands. The male frog and toad give vent to their feelings in the utterance of certain notes, the female as a rule remaining silent. Snakes, too, show more pronounced tints when mating, and their scent glands are also more active. There is a large tortoise, found in the Galapagos Islands, which seeks to charm by a hoarse bellow, and the male alligator swells and contorts his body as he splashes over the surface of the water in his display of strength and skill indulged in for the benefit of his discriminating female admirer.

Among insects the male frequently shows more pronounced markings than the female; even the little male spider is darker than his mate, though it may not be possible to notice this until the period of maturity has arrived. The male cicada calls to his silent sweetheart in a voice loud enough to be heard at a distance of a quarter of a mile.

The common drake, when the breeding season has passed, becomes less attractive in appearance, his plumage becomes plainer and more subdued.

This decrease in the brilliancy of tints is usual when the alluring shades are no longer necessary.

Packard says: "There is little doubt that the bright colors of male birds render them more conspicuous and to be more readily chosen by the females, for in birds as in higher animals the female may show a preference for, or an antipathy against certain males." It has been asserted that the female canary will accept the singer who pleases her best.

It would appear, then, that the brilliant plumage and other efflorescences of the male exist to charm the female in the interests of the race; that they have been developed through her selection, that is through her choice of the wooer who pleased her best, and that the exercise of this choice has been possible because of the male's characteristic variability. Discriminatory powers have been conferred upon the female. Discrimination, the choice of the finest or most ornamental, is her special prerogative. By her selection of the best, the female has improved her race and developed the male, until from being merely a function, a pigmy, and a parasite, the male has grown to passable size, and in some instances has even surpassed the female, exceed-

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ing her in size and in strength. Unfortunately this variability also permits overdevelopment, and certain qualities have been overdeveloped and are only in the way. In the animal world, however, one fact stands out clearly: no matter how much the developed male may exceed the female in size or strength, he never tries to coerce her to regard him with favor. Instinct has taught him to respect her prerogative.

While certain characteristics inhere in one sex or the other, there are other attributes possessed in equal degree by both sexes. Thus, among the higher animals we do not find much difference, if any, in the strength or endurance of the sexes. The mare is very often the winner in the race, the bitch is as enduring as the dog, the lioness, the tigress, and other female animals are quite as courageous, and are often more to be dreaded than the male of their species. Throughout the animal world we find the male more noisy, more emotional, more quarrelsome, pugnacious, and less self-contained than the female.

Many observers have commented on the wedding garments of the male animal, and explanations of various sorts have been offered to explain the phenomena. A well-known writer, alluding

to these manifestations, has characterized them as "exuberant maleness." It has also been supposed that a rich arterial circulation in the skin has caused or promoted the glowing tints that have been so much admired, not only by the female of the species, but indeed by all beholders. Others again have supposed that the colors were in the nature of waste products.

It may be remarked in passing that the circulation of blood in the skin of the male, however generous it may be, is not comparable to the rich arterial supply which nourishes the organs of generation in the female, though this internal blood supply has been less noticed, and consequently fewer comments have been made upon it. Yet it is in these organs that the fundamental life processes of the race have their origin, and it is for these that the manifestations alluded to as "exuberant maleness" exist. The arterial supply to the ovaries is much greater than to the testes, and when the circulation of the former is interfered with, the consequences are far more serious.

The spectacular activity of the male has, therefore, its analogue in the physiological quiet activity of the female, who in the innermost

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recesses of her being is creating the new racial life and supplying material for its growth at an expense to the organism that is without parallel.

The brighter colors of the male are probably the result of an internal glandular secretion. which stimulates to an increased activity the cellular structures of the skin, as well as those of the whole body; for if the reproductive glands are removed in early youth, or become diseased before they have time to leave their impress upon the organism, the phenomena alluded to never make their appearance.

That the efflorescences referred to are due to an "exuberant maleness," certainly cannot be accepted as the correct explanation of the phenomena to which allusion has been made, for it is a fact patent to general observation that the female exhibits characteristics of the same order, an "exuberant maleness," in decrepitude, when she is worn out and old. The old hen may develop spurs and wattles like the cock, the doe may develop horns, and in the human race aged women sometimes develop hirsute appendages which were absent in youth and maturity.

Interesting experiments have been made lately, which have been confirmed by others, showing that the qualities of sex and character are largely dependent upon internal glandular secretions. The experiments referred to have been confirmed by the department of physiology of the University of Cincinnati. Twelve ducks were operated upon and the ovaries removed; nine of these then began to develop the male plumage, while the others changed but slightly. Examination disclosed the fact that in the three latter, the ovaries had been but partly removed. The birds were operated upon when about six weeks old, and it is said that the nine became in appearance almost perfect replicas of the male. Another experiment made was to transplant a portion of ovarian tissue from a guinea pig to a male which had been castrated. In due time the hair over the whole body of the male became more soft and glossy, and the mammary glands developed and secreted milk.

One must conclude, then, that in vertebrate animals at least, the female contains the male as well as the female characters, while the male contains only those of his own sex; that the



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male characteristics are latent in the female, but are inhibited by an internal glandular secretion, which favors the development of what are known as feminine qualities.

## V

### FERTILIZATION

FROM the very earliest times, fertilization of the ovum has been a favorite topic of discussion, and many theories and hypotheses have been advanced to explain the process. The majority of those engaged in the discussion believed that the sperm cell excelled the ovum in importance, and that opinion still prevails among many of the uninitiated. It was at one time supposed that the sperm cell contained the minute organism, which had merely to be fed by the ovum, in order to produce a new life.

Again, the male fluid was supposed to be a sort of concentrated essence, or extract of life. It was supposed that contact of the ovum and spermatozoid was not essential, because a miasma, or seminal breath, passed from the male element to the ovum, producing fertilization; and that the ovum acted merely

as a sort of incubator, or nurse, for the male germ cell. Indeed it was not until the last century, to be specific, 1827, that Von Baer set all disputes at rest, by proving conclusively that the spermatozoa was not as important as the older scientists had supposed. Coming down to our own times, we find numerous instances of the ovum having developed without any assistance from the male element; while the sperm cell never, under any circumstances, develops without the aid of the ovum. The sperm cell can, furthermore, influence the ovum only when these two cells are more or less closely allied; if the species are widely separated, then the sperm cell is without any effect.

The action of the sperm is to stimulate the ovum into life; but stimulation applied by chemical means alone, the male influence being entirely absent, has yielded startling results. Thus the unfertilized ova of the frog has been stimulated to segmentation through exposure to the influence of corrosive sublimate solution; in a similar fashion the unfertilized eggs of the silk-moth were excited into life by the judicious application of sulphuric acid. Again, Professor Loeb, has taken the unimpregnated egg of the sea-urchin

and by chemical means alone has produced the living larva. Still more recently a report has been circulated, though its authenticity is not yet established, that a mammalian creature—the long-suffering guinea pig—has been impregnated by an artificial solution, and that living young have been produced.

**The Determination of Sex.** Most of the speculations made with regard to sex determination have been dispelled by scientific experiment and observation. Both sexes arise from germ plasm which is identical in character, and after tendencies towards one or other sex have become manifest, these can be altered and even turned in the opposite direction by external conditions. Sex is, therefore, more or less an accident.

At an early period in the development of the embryo it is impossible to determine what the future sex will be, and this period is prolonged in the lower animals.

The factors which enter into sex determination are many, and include the age of parents, nutrition, temperature, environment. It has been conclusively shown that favorable conditions, such as abundant nutrition, mature age of parents with avoidance of extremes of youth

and age, satisfactory environment as to light, temperature, air, sleep, etc., result in the fertilized ovum producing the female sex; while if the opposite conditions prevail, such as insufficient, innutritious, or diseased food, adverse temperature, unfavorable age of parents, and unsatisfactory surroundings generally, the fertilized ovum will probably produce a male.

Nature has made the female sex of supreme biological importance and has taken care, in the very beginning of life, to furnish material which may be useful at a later period. An organism which must be prepared to supply stores of nutritive material for developing young, which in the higher animals at least must furnish material to build up the muscular, osseous, nervous, and other structures, should possess an inherent vitality, a resistance to adverse influences, and a store of reserve power which can be relied upon in time of need.

These characteristics are possessed by the female sex for the welfare of the race, and their provision demonstrates the wisdom of nature and the perfect harmony of her plans in thus demanding a better material and superior environment for the creation of the mother sex.

A most trustworthy observer, Jung, has recorded the following experiments which he made upon tadpoles. The brood was divided into three parts. The first lot was fed with very nutritious food, which raised the percentage of females from 54 to 70. The second brood was fed still more richly, and the percentage of females was raised from 61 to 81, while in the last set, fed on a diet which was specially nutritious, the percentage of females rose from 56 to 92.

Everyone is aware that the sex of the queen bee is determined by the quantity and quality of the food supplied her. The worker bees in the hive are undeveloped females, and it is entirely a question of nutrition whether the eggs will develop into worker bees or into queens. Abundant and nutritious food will cause the fertilized eggs to produce queens, while food less nutritious or more limited in quantity will so retard the development of these eggs that only worker bees or undeveloped queens issue from them. When the queen is in her prime, she lays eggs which hatch into females, but when she grows exhausted, the eggs produce drones.

Von Siebold, experimenting with wasps, found that during the spring months and during the

summer up to August, when food was plentiful and the temperature favorable, the number of females produced from fertilized ova greatly increased; but as the food supply grew scanty with the cooler temperature of the late season, a very much larger number of males made their appearance. It has been found that butterflies and caterpillars, if starved before entering the chrysalis state, will appear as males, but if the same brood has been provided with abundant nourishment, females will be the product.

It has been shown, too, that food which is diseased as well as lacking in nutrition, if fed to moths in the larval state, will result in producing a progeny of the male sex.

Passing to mammalian types, an experiment made by a close observer among sheep demonstrated this same principle of plentiful nutrition and a favorable environment tending to produce females.

In the human species similar influences probably prevail, for statistics show that in towns, cities, and in prosperous families more female children are born than male; whereas in country districts, as well as among the poor, and during the winter months, there is a predominance of

male births. Following wars, famines, and epidemics, the number of boys greatly exceeds the normal.

In the vegetable world, botanists have found that favorable conditions as to light, moisture, fertile soil, etc., conduce to the production of the female sex in plants, the laws controlling sex determination applying to all organic life and being apparently of similar character.

As science unveils her mysteries and her truths, we learn that change and progression have come chiefly through the male because of his inherent and hereditary character of variability, and this explains the many departures from the normal—the frequent tendency toward the abnormal manifested by the male. The female is the stable sex. She has, in fact, been called by one of our scientists “the center of gravity of the biological system.” The interests of the race have been entrusted to the stable female, and not to the erratic, variable male, because unlimited variation could be very hurtful, even destructive, developing abnormalities and monstrosities.

It is this organic peculiarity of the male to depart from the average, which gives us that congenital abnormality known as genius, more



common in man than in woman. It is the same thing which causes the preponderance among men of idiocy, insanity, imbecility, moral deficiency, and criminality. Arithmetical prodigies—sometimes found among uneducated persons and those who are almost idiots—are far more common to the male than to the female sex.

Physical deformity is more common in man than in woman; such defects as harelip and cleft palate, clubfoot, deaf-mutism, color-blindness, albinism, etc. Woman lives more nearly on a plane than man; she is more sane, more equable, and better poised than he. Perhaps because she holds the destinies of the race in her hands, woman possesses more vitality than man; she is more enduring, more tenacious of life, and her longevity is greater than his.

She holds out longer under physical strain than man; after mental disease, physical illness, or operation, her recuperative powers are greater than those of the male sex. More boys are born than girls, but a larger number of boys die during the first few years of life; they succumb more quickly to disease and the accidents of infancy.

## VI

### PERIODICITY

NATURE'S laws are applicable to the human organism as well as to the lower forms of life, and the wonderful harmony of her laws are facts of everyday observation. Life is rhythmic everywhere. The sun, which alone makes terrestrial life possible, moves along from day to day, from month to month, and from year to year with a perfection of rhythm that is the basis of many calculations. The periodic action of the sun and tides are matters of common observation; and the functions of the body are no exception to this rule. The heart, lungs, and other organs, when in health, act with instinctive and cyclic regularity. Birth, life, reproduction, and death follow in orderly progression, and are taken for granted.

There are other periodicities of cyclic character constantly manifesting themselves in the

human body and in both sexes. Some of these are very noticeable, while others are less well marked. These phenomena make their first appearance about puberty.

In the male the pubescent period is usually apparent between the ages of thirteen and sixteen, although adolescence may extend from twelve to twenty years. When this season arrives, it is accompanied by such signs of approaching maturity as the development of the vocal cords, and by a growth of hair on the face.

Although these changes denote the approaching ripeness of the organism, and the ability to procreate, it does not mean that the exercise of the growing function would be advisable, for the too early or the intemperate use of the racial organs has a pernicious effect upon the entire body. Spermatozoa, those small germ cells which are capable of stimulating ova into life, are now present in the semen. These exist in most instances from the age of thirteen to sixty-five, and have even been found in men of eighty years. The spermatozoa are very much smaller than the ova, measuring only about  $\frac{1}{600}$  part of an inch. They are, however, very active and,

in suitable surroundings, are capable of traveling an inch in from seven to twelve minutes, or from the vagina to the mouth of the uterus in three hours. These tiny germ cells may retain their vitality for eight or ten days after they are deposited in the vagina, and can work their way up not only into the uterus, but also into the Fallopian tube, which is continuous with the womb.

Should the spermatozoa chance to meet an ovum in the passage, the cells would be mutually attracted, the ovum would be fertilized, and a new life would appear; that is if the spermatozoa were alive and healthy when transferred to the vagina, and the conditions existing there were also favorable.

Men who are unmarried and continent are, when in health, subject to periodic, spontaneous sexual discharges about every two weeks. These discharges are perfectly natural and normal, but are often made use of by quacks to frighten young men into believing that serious disease, requiring urgent treatment, is present.

Investigation by medical men such as Sancto-rious and Gall show that, in the male sex, there takes place after puberty a definite period every

month, which period is most marked in nervous men. During its occurrence the complexion loses its freshness, becoming dull in color, the breath is less sweet, digestion is less active; and there is often a marked mental and physical lassitude, accompanied by irritable temper and more or less mental depression. These disturbances are accompanied by a corresponding change in the pulse wave. Other men have periodical symptoms, such as headache, nose-bleed, and diarrhoea. These manifestations are present for a few days and then pass away to return in due time. Some writers have regarded monthly periodicities in general as the visible symptoms of laws of vital energy.

Authorities have also claimed a "change of life" or climacteric in the male sex. Church, for instance, believes that certain mental and nervous manifestations occur in man between the ages of sixty and sixty-five years, necessitating considerable care, and that the daily work should be reduced about this time, the physical condition carefully studied, and symptoms treated as they arise.

Girls display marked mental and physical changes with the advent of puberty. As the

plant with approaching maturity prepares for ultimate fruiting by bursting bud and glowing blossom, passing through a series of cyclic changes in preparation for that important business of life—the production of similar life,—so too, as the young girl approaches maturity, similar preparative symptoms of this stage of growth make their appearance.

Puberty is a milestone in the life of the girl, marking her transition from childhood to womanhood, when she stands “with reluctant feet where the brook and river meet.” During the period of adolescence, mind as well as body undergoes a change; there is a marked transformation. Physically, the figure of the girl becomes rounded, the breasts increase in size, the hips enlarge, and, to a certain extent, the voice, too, changes its character.

The maiden now becomes more reserved and retiring, and impressions made upon her mind at this time are likely to be indelible. At this crisis of her life, therefore, when the girl is, as it were, born again, she should be under the guardianship of her own sex, in order that both manners and morals may be steered in the way they ought to go. It is a grave injustice to the

young girl to place her at this important season of life under male guardianship as is done in most of our high schools; it is also a serious blunder.

Everywhere the influence at the top permeates the whole structure to the bottom, and where this influence is male, it is not as good for the growing girl-child as would be the example and teaching of her own sex. The superior morality of woman is undisputed, and a member of the female sex has, besides, a better understanding of, and a greater sympathy for, the problems of the young woman than a man can possibly have. Furthermore, a girl can take counsel with an individual of her own sex when she would not dream of going with her troubles to a man, not even if he were her own father.

In later life, we are apt to criticize the cigarette-smoking, cocktail-drinking woman, the woman loud of speech and voice, aggressive and masculine in her bearing; and yet, at the most impressionable period of her whole life, we have placed her under masculine influence, guidance, and example. Why should we wonder then at the results of our own policy?

Parents who permit these conditions to exist

are derelicts to duty. Women, so long accustomed to obey without reason and to act without thought, must wake up, study the situation, and take measures to remedy a very great injustice done to young girls and to society. Let us bear in mind the teaching of biology, that while man is always male, the female organism contains the germ of the male as well as of the female character.

The importance of placing male youth under masculine guidance is widely recognized; no one thinks of taking a young man between the ages of, say, fifteen and twenty years, and placing him under feminine guidance and instruction. If woman principals were placed in our high schools for males, the injustice done to the boy students would be exactly the same as that now suffered by the students in similar institutions for girls, when the superior officer in such a school is of a sex opposite to that of the students.



## VII

### THE GENERATIVE AREA

ADOLESCENCE, the blossoming season of life, indicates approaching maturity, and the ripening and perfecting of the racial functions. This does not mean, however, that the organism is as yet sufficiently developed to meet the demands of fully developed motherhood. The girl continues to grow until the age of twenty-one years. Therefore, if she becomes a mother during her own growing period, she may suffer from an arrested development, and never attain the full stature which, under other circumstances, she would normally have reached. The external changes noticeable in the girl's growth are paralleled by those which occur internally in the generative tract. The organs which exist for racial purposes are found in the pelvis, or lower part of the body cavity, and consist of the uterus and its appendages, the ovaries and tubes.

The womb is shaped like a pear; it is hollow, with muscular walls. This structure occupies the center of the pelvis, having the bladder in front, and the rectum, or lower part of the bowel, behind. It is held in place by a number of ligaments, the most important of which are the two broad ligaments which extend from the uterus to the pelvic walls.

Each broad ligament contains in its folds an ovary and its ligament, and also a Fallopian tube. The uterus is about two and a half inches in length in the virgin, but in women who have borne children, the size is three and a half inches. It has been divided into the body or upper portion, and the cervix or neck. The Fallopian tubes convey the ova from the ovaries to the uterus. Each tube is about four and a half inches in length and communicates by a small opening with the cavity of the womb. These tubes run along the upper margin of the broad ligament, and extend from each upper angle of the uterus to the side of the pelvis.

The ovary is flat in shape, is connected with the broad ligament, and has, besides, a special ligament of its own, connecting it with the uterus. This small organ, flat in shape, is one and a half

inches in length, three quarters of an inch in width, and one third of an inch in thickness. The gland consists largely of fibrous tissue, and is richly supplied with blood vessels. It contains, also, a number of germinal cells, known as Graafian follicles.

The primordial cells are present before birth. It has been estimated that the ovary of a child of two years contains as many as 70,000 of them. At puberty, when the ovaries reach their full size, the Graafian follicles develop in numbers, and are present in different stages of development. At this period they contain ova capable of fertilization. The ova are discharged continuously, ovulation probably going on all through life.

Each ovum is from  $\frac{1}{240}$  to  $\frac{1}{120}$  of an inch in diameter, and is a potential life, requiring only the stimulating effect of the male element to quicken it into being. The ovum is discharged as the Graafian follicle bursts; it is then caught up by the fimbriated extremity of the Fallopian tube, and finds its way into the uterus, from there to the vagina, and finally through the vaginal orifice to the vulva, and thence to the outside world. The vulva is a collective name for the

external organs of generation in the female sex.

The walls of the vagina are ordinarily in contact and the length of the canal is two and one half inches along the anterior wall, and three and one half inches along the posterior wall. The entrance to the vagina is partially closed by a fold of membrane known as the hymen or, in colloquial terms, the maidenhead. This structure is easily stretched or torn, but occasionally is very resistant, and persists. It was at one time considered, if unruptured, a test of virginity, but this is so no longer. The vagina permits the secretions of the uterus to pass through it, as well as the product of conception; as a result it is sometimes called the birth canal. It also receives, when deposited there, the germinal fluid.

There are two openings in the vulva, one very small, leading into the bladder; and the other, much larger, which has just been described. The complex formation of the delicate organs in the generative tract, and their great importance, necessitate the greatest care to preserve them in a sound and normal condition; for as the tender buds and fragrant blossoms are crushed

and maimed, though not destroyed, by too much handling, so in the human plant, the parts which are of such high racial value are also injured by abuse or by any interference with their normal functions.

## VIII

### MENSTRUATION

WITH adolescence, menstruation, so called because of its monthly appearance, begins to affect the life and habits of the girl. This is a sanguinous discharge from the uterus, which, beginning at puberty, continues through the whole fruitful period of a woman's life, unless when interrupted by pregnancy or lactation.

Puberty is, therefore, a critical period, and one for which the girl should be carefully prepared; because the ignorance of hygienic laws and of the care to be exercised at the monthly epoch is likely to mean suffering later on in life.

It is difficult indeed to see why a girl should be allowed to meet such a notable crisis in her life without any kind of knowledge or preparation for it, and instances are not wanting of the fright, dismay, and even terror which the first and sudden appearance of the function has

caused; when the girl sought to stay the course of nature by means of cold baths and in other ways, thus causing congestion and disturbance of delicate organs, and laying up trouble for the future. Such treatment of young womanhood is barbarous and cruel, and is mentioned to be condemned.

Among primitive races generally the periodicity of woman was regarded with awe and veneration. Her garments, even, were supposed to have miraculous power, and her person was sacred, for she was credited with attributes almost divine. The reverence accorded her was probably influenced by the fact that she typified the creative or life-giving influence which made birth and creation possible.

At a later period, however, this female physiological activity was regarded very differently. The function was something man did not understand, and in which he did not participate. Consequently he came in time to regard the feminine phenomenon with repugnance and contempt, and indeed to consider this periodical manifestation as the hall mark of woman's inferiority. Woman was influenced to regard this faculty in much the same way; so that she

is still more or less ashamed of her periods and conceals them when possible.

As a result of this kind of teaching the miraculous power for good that the menstruating woman was formerly supposed to possess was now regarded as pernicious, and especially so by the Church. Ecclesiastics had grown accustomed to regard everything in the nature of sex with contempt, looking upon this natural function, this provision of our Creator, with disgust and abhorrence; as though divine power had been guilty of a breach of decorum and a lapse of judgment. History records that because of the supposed impurity arising from this spontaneous outburst of physical energy and the contaminating influence associated with it, woman was not allowed, for a considerable period, to receive in her naked hands the Eucharist. Such an attitude as this is equivalent to a blasphemy of divine wisdom; an effort to place the wisdom of the finite above that of the Infinite.

This normal physiological process, resting as it does on the laws of nature, is far from being a badge of inferiority; it is, on the contrary, indicative of vigor and constructive energy.



The phenomenon has been styled "nature's inflorescence," and it is the sign and symbol of creative energy and power. It is characteristic only of those capable of creating life.

Menstruation is the climax to a whole series of cyclic changes which are constantly taking place in the generative area, culminating once a month in the menstrual flow. In temperate countries this physical activity begins about the age of fourteen and a half years, but in cold climates it may be postponed to the age of sixteen, nineteen, or even beyond. In frozen regions, the women menstruate only at long intervals, and the quantity discharged is small. In tropical climates, on the other hand, the period may make its initial appearance as early as the age of eleven or twelve years. The flow lasts from two to seven days, and the quantity of blood lost is normally from five to seven ounces. If this epochal energy first asserts itself at an early age, it is likely to linger to a late season of life, but if, on the contrary, there has been a tardy pubescence, the climacteric may be expected to arrive early. These natural facts are just the reverse of what we should expect.

In married women this change is somewhat retarded. The menopause commonly occurs between the ages of forty-four and forty-eight years, though the women of some families menstruate when they are long past fifty.

Nervous and other symptoms are not uncommon during the climacteric because of the readjustment of the organism to the changes taking place in the physical economy. The menopause is thus a critical period of life. Any unusual symptom such as excessive flow, marked discomfort, or pain, occurring at this time, should receive prompt medical attention. This is the time of life when malignant degenerations of various tissues sometimes occur; and if the pathological symptoms are recognized in time and appropriate attention bestowed upon them, the patient may recover her normal health; whereas, if attention is delayed, it may, when finally given, be too late to be of service. The tendency to disregard, at this period of life, threatening symptoms until too late is a common and a dangerous practice.

The menstrual epoch influences to a marked degree all the functions of the body. Headache is commonly present, and the breasts may

become slightly painful. There is fullness and heaviness in the loins, the appetite is less sharp, the temperature rises slightly, there is susceptibility to cold, and some loss of weight; there may, too, be constipation or diarrhoea. The skin is apt also to show a reflex irritation, and if any rash or eruption is present, this is aggravated; papules and pustules often appear on the face and chest. Very commonly there arises a lassitude and aversion to extra exertion.

These evidences of discomfort tend to make this periodical crisis assume the character of disease, a conception distinctly abnormal, for normal menstruation is painless, causing but little disturbance of serious character in the economy. As seen in primitive races and among the laboring classes, who live close to nature, there are seldom malaise or incapacity for daily tasks. Some women, indeed, feel distinctly better at this period, more buoyant, energetic, and stronger than they do at any other time. But in our civilization, when the life led is of such a strenuous character, painful periods are the rule rather than the exception. It is a remarkable fact, too, that the girl who has been brought up in the country, and who has men-

struated without pain for years, will, when subjected to the stress and strain of city life, develop at her period a pain and discomfort to which she was formerly a stranger, and this, too, without any pathological lesion in the generative area to account for the remarkable change.

From investigations made, it is estimated that probably between fifty per cent. and seventy per cent. of women suffer pain at the epoch, and as the period is constantly recurring, this physical debility calls urgently for relief. The condition is, without doubt, preventible, if prophylactic measures are instituted in childhood; and if these are carefully observed during adolescence and maintained throughout maturity. Women labor, however, under the disadvantage of being subject to a system instituted by those unable to understand, or unwilling to take cognizance of, these physiological variations. Women themselves have not been allowed to arrange their own work, or to protect themselves from daily influences which have a prejudicial effect upon their welfare.

When this functional activity presents any abnormality, rest for the first day or two is wise, and for many women of the present generation

a period of at least partial rest would probably be beneficial. The custom of monthly rest for women was established long ago among savage races.

As a broad general rule, the woman may observe during her monthly cycle the habits to which she has grown accustomed, such as bathing, walking, and so on; indeed warm sitz-baths will conduce much to her comfort; but cold baths, long walks, dancing, tennis, basket-ball, and similar exercises should not be indulged in during the first day or two of the menstrual epoch.

Some have gone so far as to advise the young woman to give up all work, and especially all school work, for a year during her early adolescence, but if she has been judiciously cared for in childhood, and wisely and sensibly treated afterwards, such a long rest is unnecessary. To the girl at this age mental work is not a whit more taxing than physical exercise. Things especially to be avoided are overwork, undue excitement, late hours, nervous strain, and unwholesome or insufficient food.

Sitting all day in a shop or factory is just as bad as studying in a classroom, and standing

all day is still worse. Some working girls must stand all day on one foot, using the other to work the treadle of the machine. This injury to womanhood, and indirectly to the race, should not be permitted.

Young girls, whether in school, in an office, or in a workroom, should have a sufficient amount of physical exercise every day, but not too much; they should have fresh air, nutritious food, and plenty of sleep. The dissipation of late hours and of nervous excitement should be especially avoided.

Girls who attend well-ordered schools and colleges show, with hardly an exception, a much better physical condition at the expiration of the school or college term than at the beginning; because, in spite of themselves, they have been compelled to observe the laws of hygiene. Dr. Lee, President of the Playground and Recreation Association, says, "to the growing child a vigorous mental life is the greatest source of health." Mental work, combined with judicious physical exercise and due attention to hygienic laws, is not likely to injure anyone with a normal constitution. Miss Fawcett, daughter of the blind Postmaster-General of England, who won

the senior wranglership by four hundred points over the best man of the year in Cambridge University, was not injured in the least by her hard study; but she devoted from two to three hours every day to outdoor exercise.

The prophylaxis of painful menstruation, or dysmenorrhoea, as it is sometimes called, does not begin at puberty, for then it may be too late; it should be commenced in childhood. The child is mother of the woman, and a blooming womanhood is the corollary of a wholesome, healthy childhood. The embryo woman should, therefore, have nutritious food, plenty of sleep, an abundance of fresh air, as well as daily physical exercise. Then is the time to build up a vigorous, healthy body and an invulnerable nervous system; to send well oxygenated blood pulsing through every organ and muscle of the body, developing every structure and tissue, and giving a strength, a tone, and a force which cannot be attained later.

We insist upon exercise for boys, which in most schools is compulsory. Many young and even mature men practice exercises regularly; but until quite recently, exercise for girls has not received the attention a subject of such

importance merited. It is quite as valuable to one sex as the other, and its neglect may in the future be pregnant with more serious consequences to girls than to boys.

The womb is, until puberty, small, soft, and flabby, and then under favorable circumstances it develops, growing strong and thick. Any influence which interferes with the developing process, such as malnutrition, lack of exercise, or nerve strain, will retard development of the organ, causing it to retain more or less of its infantile character. Thus in maturity it will be unable to perform, without discomfort and pain, the function that the normally developed organ discharges with ease.

As the result of exercise women are growing taller, stronger, more vigorous and resourceful; and this increased strength and development, combined with hygienic living, is bound to have a tremendous effect for good upon their lives. Professor Phillips of Amherst believes that young women are about an inch taller and five pounds heavier than they were a few years ago. Another eminent authority has declared that exercise in a gymnasium resulted in twelve months in an increase of two inches in stature,



and two inches in the growth of the chest, with an expansion of thirty per cent. in lung capacity.

Girls have, hitherto, been very inferior to boys in lung capacity, a circumstance which may have affected the hæmoglobin or coloring matter of the blood, girls being usually so much paler than boys. It is, consequently, gratifying to learn that the vitalizing effects for girls of chest expansion are being recognized, with its tonic effect upon the whole body. We are realizing at last that the laws of health and vigor apply to both sexes, that girls respond to developing exercises just as do boys, and suffer also from the lack of these, being dwarfed and stunted by a cramped, inactive life, and bearing in later years the penalty of that neglect.

The Spartans believed that women as well as men should develop their bodies, and acting on this principle, Sparta cultivated a racial vigor which for four hundred years made that race the wonder of the world. It is not necessary for woman to engage in the identical exercises that men have adopted, perhaps not even advisable in some instances, but her instructors should see that nothing is left undone to make her body strong and beautiful. This is desirable for her

own sake as well as for those that are to come, for as the mother, so is the race, nor can the fountain ever rise higher than its source.

Nowadays, when so many girls are obliged to be self-supporting, and are often exposed to unforeseen dangers, in encountering which a cool head, presence of mind, and trained muscles would be of incalculable value, the girl should be taught to coördinate her muscles, and be shown how to use these to the best advantage. Notice how precise, swift, certain, and admirable are the movements of the trained muscle, and how different from the uncertain clumsiness of those that know not how best to use their strength and skill.

The puny, delicate, dependent, helpless woman belongs to an age that has passed away. She was an unnatural, abnormal, artificial creation an object of pity; and the very antithesis of the strong, brave, efficient, alert, normal woman, who should be no more inferior to man than the female of other species is to her mate.

## IX

### MOTHERHOOD

WHEN a woman has been menstruating regularly every month, and the function suddenly ceases, if she has been exposed to pregnancy, there is a very strong probability that she has conceived. There may be at first no other symptom of pregnancy present, but in a short time digestive disturbances are very apt to make their appearance, with a tendency to nausea and vomiting. Some patients feel well during the whole expectant period, others will suffer from ills of various sorts; many have a general feeling of discomfort; while still others display marked nervous symptoms, necessitating medical care. Not a few women become very irritable and somewhat unreasonable, while others show the opposite tendencies. All expectant mothers should be treated with the unbounded patience and consideration that their trying condition deserves.

Quickening is felt about the fourth month, and has been compared to the uncertain fluttering of a bird in the hand. This is a movement made by the growing embryo, and when it occurs, the patient is said to have felt "life." Of course life has existed since the union of the ovum with the sperm cell, otherwise growth and development would have been impossible.

When the patient is certain of her condition, she ought to consult a dentist with regard to her teeth, remaining under his care as long as possible, for now that the expectant mother is building up a new skeleton out of her own body, the teeth are very apt to decay.

All the structures of the body are drawn upon at this time to build up the new creature, and this explains the nervous irritability and excitability so frequently present. The heart itself enlarges, because of the extra work devolving upon it, the thyroid gland in the neck swells. The hair follicles suffer from the tax upon the mother's system, so that the hair is apt to fall out and to require special treatment. Owing to pressure caused by the growing life, the function of the kidneys may be temporarily impaired, necessitating a special diet for the pa-

tient. The urine should, therefore, be examined periodically, in order to secure proper treatment, should this prove necessary.

The expectant mother must be very careful to see that all the eliminative functions of the body are maintained in normal condition, for while this is important at all times, it is doubly so during the period under consideration.

Hours of sleep should be regular and sufficient, food wholesome and easily digested. Daily exercise of a light character should not be neglected, while pleasant, cheerful thoughts and good will to all should be cultivated.

Even the strong and vigorous woman finds the tax of pregnancy a heavy one, but the woman who is weak and delicate may find the cost greater than she can meet, for the growing embryo saps the life and strength of the body, acting like a malignant tumor, and appropriating what it needs for its own growth regardless of the mother's condition. There should be, in the interests of both parent and offspring, an interval of two or three years between the birth of each child.

The child of the young mother is usually smaller in size and lighter in weight than that

of the more mature parent. As a result the younger children in a large family are usually larger and heavier than those born at an earlier period. Some have supposed that the quality of the offspring of the child-mothers of India serves as an explanation of the fact that a handful of Englishmen have been able to hold in control the teeming millions of India.

The laws of primogeniture would seem to be utterly without foundation, for the eldest child in a family is more apt to suffer from constitutional defect than those born later. An editorial which appeared in the *Medical Record* some time ago stated that: "Disease, insanity, and criminality show a preponderating incidence among the eldest children." These facts may account for the traits of degeneration occasionally found in the British peerage.

If the mother is overworked, or her food is lacking in proper nutritive qualities, the antenatal development of the child is interfered with. Overwork is likely to result in abortion or miscarriage. Renard has shown conclusively that the woman who rests during pregnancy has larger children than those who are kept at work all the time. In not a few civilized countries,

efforts have been made to protect the expectant mother from the results of overwork. In Germany and in Austria a woman may not work for four weeks after her confinement. In Switzerland she must rest six weeks after the infant's birth. In England, Holland, and Belgium there are similar laws on the statute books, but these laws are not enforced. The expectant mother should have at least three months' rest before her confinement as well as some weeks after, so that the infant may have a chance to develop normally, and the mother an opportunity properly to nourish her infant after its birth.

Miss Julia Lathrop, chief of the National Children's Bureau, has shown that thirty-eight per cent. of the deaths of children under one year of age are due to causes dependent upon the mother's health before the infant's birth. Of 154,373 infants who died in the United States in one year nearly ten per cent. lived less than a day, and over twenty-three per cent. lived less than a week. It is claimed also that women who are the daughters of men who were addicted to drink are unable to nurse their infants.

Society is apt to act in a blundering, unintelligent way where its most important interests are concerned. Children are among our most valuable national assets, yet far less attention has been bestowed upon them than upon the young of cattle. There are, to be sure, signs of an awakening, and not a few citizens are conscious of humiliation at the existence of present conditions. But we are still sending the children of indigent mothers to be cared for in homes and refuges or other institutions, and paying strangers out of the public purse to care for the little ones, who pine for their mother, while she, poor thing, is breaking her heart in their absence.

The children do not thrive. Babies are not clods, and can never be machine made. The poor, badly kept home is actually better for them than the clean, precise institution; they do better at home, because they need mothering. If this be a fact, then why not let the mothers, who are often widows or deserted wives, keep their children, and pay *them* instead of the institution for the service rendered the community?

Motherhood with its long-continued sacrifice and its immolation should always be voluntary; this is an inherent privilege of the female sex,



though it has often been wrested from the female of the genus homo. Nature has, however, signed, sealed, and delivered this prerogative to the female of all types. Nature's laws give to the mother sex the right to repel advances made at unsuitable seasons; and neither church, state, nor individual has the right to rob a woman of herself, or to coerce her to submit at any time to caresses which are unwelcome or distasteful. Such compulsion is intolerable. There should be no reluctant motherhood and no "marital rights," for these should be free-will offerings.

The expectant mother, even among primitive and pagan races, was an object of solicitude. In Rome her home was adorned with garlands; while in classic Greece, the flying criminal could find a sanctuary beneath her roof where he was safe from all pursuit. Many pagan races have regarded the presence of the pregnant woman as a sort of benediction.

Intercourse during pregnancy is considered by many of our best authorities to be injurious to the product of conception, especially during the later months; the shocks received by the growing embryo in the womb predispose to nervous troubles in later life, and not infrequently

cause abortion or premature birth. Sometime in the future, no doubt, the expectant mother will have the proper consideration shown her. Her interests will not remain in the background when it is realized that as every generation must pass through her body, she holds the destinies of nations in her often seamed and knotted hands.

It goes without saying that every mother should nurse her infant; and there are but few women unable to do so, at least for a few months. Maternal nursing is the most important method of reducing infant mortality, besides giving to the child a good start in life. When mothers are compelled to depend upon their own milk for the infant's nourishment, there is an immediate decrease in infant mortality. The siege of Paris in 1870-71 offers a notable example of this fact.

Among women who work hard for a living, it is not unusual to find that the mother has an abundance of milk while she is cared for in bed, but as soon as the patient gets up and enters upon her round of domestic duties, the tax of acting in the capacity of cook, laundress, house-keeper, nurse, and general superintendent is

sufficient to drive the milk away, and a bottle must be substituted.

It has been declared that there is no wealth but life; therefore the creators and nourishers of life are entitled to a full measure of consideration.

## X

### NUTRITION, REPRODUCTION, AND THE PHYSIOLOGICAL NECESSITY

NUTRITION, or self-maintenance, is a primary and fundamental law of life, and an activity necessary to the continued existence of the individual, who must have material for growth and repair to make good the losses constantly taking place in the body.

In order, therefore, to ensure against loss, and to provide constantly for the growing-up process, our great mother Nature created an appetite,—a desire for the material necessary to keep going the furnaces of life. If food is withheld, the whole body suffers, grows emaciated and weak; the functions are performed sluggishly, until they finally cease. Hunger is, therefore, the driving force which insists that food shall be eaten in order that the physiological demands of the body shall be supplied. The appetite

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varies, too, according to habit, occupation, and inherited tendencies. Some habitually eat more than is necessary; others tempt the appetite, gorging themselves with food and drink until they grow unwieldy and shorten their lives by disease resulting from gluttony; for all animal appetites increase by indulgence and may become very large by stimulation.

Another primary and fundamental activity of life is reproduction. It is the very antithesis of nutrition, for, unlike the appetite for food, which exists in the interests of the individual, the racial appetite exists in the interests of the race, although we seem to have almost lost sight of that basic fact. Reproduction always implies sacrifice. In not a few instances active reproductive effort is followed by immediate death, while in others new life is created at a great expense to the organism. By a wise provision of nature, therefore, the ability to renew life is acquired only when individual nutrition has proceeded so far that there is some energy to spare, left over, as it were, to be utilized for other purposes. Although, ultimately, the interests of the individual and the race are identical, yet, as Tennyson has pointed out, nature

is much more careful of the type, or race, than she is of the individual, sacrificing the latter ruthlessly, when such sacrifice is demanded in the interest of the new life of the future.

Another law of nature which has a very important bearing upon racial functions is that one group of activities can be exercised excessively only at the expense of others. If much energy is dissipated in one direction, there will be a corresponding diminution of effort in other channels of action; consequently, if the racial activity is exercised unduly, development is retarded, and in the more mature, mental and physical energy is curtailed.

This natural fact was well known in ancient times. History tells us that the gladiators of ancient Rome were obliged to lead continent lives, so that their physical fitness might always be at its height. Even the untutored savage, when preparing for war, or prior to a hunting expedition, was very continent in order that his strength and prowess might be enhanced. Students, thinkers, athletes, attain greatest excellence in their chosen pursuits when they refrain from gratifying their racial instincts.

The sex appetite exists necessarily, because

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without it the sacrifices involved in the renewal of life would certainly be avoided and human life would disappear. The sex instinct is, then, essential to life, and like all the processes of nature is beneficent. The mind which can single out one function of the body to belittle and asperse must be in the infancy of its development, or else unwholesome and unclean.

The attraction of sex exists throughout nature, and is recognized in the opposing forces which attract each other by their different qualities. This attraction appears to be of a chemical or physico-chemical nature. Pfeffer has shown that malic acid will attract ciliated fern cells, and that mosses are attracted by cane-sugar, in the same manner as the exhalation from the ovum attracts the sperm cell. Haeckel has called attention to this attraction between cells of different character, as well as to the union of the male and female principles; and he calls this attraction in plant, animal, and human life "the moving cause of the most powerful and remarkable processes as well as one of the most important chemical causes of the highest differentiation of life."

The veneration which ancient peoples be-

stowed on the life-giving principle was based upon an appreciation of its importance in the economy of nature. But the perversion of ideas, due to the misuse and degradation of natural functions, formed a basis for later misconception, and the reverent attitude of earlier races was changed to abhorrence and disgust. Man then became ashamed of his origin, adopted an apologetic attitude towards it, did penance because of it, unable to see that he was daring to criticize and blaspheme the work of his Creator.

There is no set of organs or functions in the body which can be singled out and placed above others; the activities of all are interwoven, and mutually dependent, the perfect working of one depending upon the integrity of all. All have the same source, are nourished by the same elements, and are parts of one harmonious whole.

Among wild animals, the reproductive function is strictly subordinated to the purpose for which it exists, and the attraction felt by one sex for another reaches a climax only at certain seasons, commonly spring and fall, while the interval between these periods is one of latency or neutrality. If during the rutting period



any obstacle should intervene to prevent the association of the sexes, the emotion disappears, the normal quiescent state returns, the animal in no way suffering or being injured by his abstinence.

At an early period in his history, man, too, was probably affected in the same seasonal way, but this disposition has been lost long since, so that now the attraction of sex is present to a greater or less extent practically all the time, and instead of being entrusted to instinct, must be controlled by the will.

As the male sex was introduced primarily for fertilization purposes, and to afford variation, at one time all, and later much, of his energy was concentrated in that race service. The energy of the female, on the other hand, was employed in the vastly larger and more responsible work of creating and caring for the new race of the future. It is quite natural, therefore, to find that the racial instinct in the male is nearly always ready to adapt itself to the convenience of the female, and prepared to respond at practically all times. This instinct is consequently easily aroused in the male and is much in evidence.

In the lower forms of life, the sacrifice of the male was a common occurrence, and to provide for this contingency, as well as to furnish a large number of males from which choice could be made, he was produced in numbers; but higher up in the scale of life the male is not sacrificed in this way, and the physiological cost to him of the exercise of his racial function is infinitely less than the cost to the female.

When we reach the human race, the reproductive cost to the male is no greater than it is to the male of any of the higher animals, while the cost of human motherhood is superlatively greater than it is among any of the lower orders.

No young animal comes into the world in the utterly helpless condition of the baby; no other young animal needs the tender care of the infant or demands such unremitting attention.

The racial function by which the torch of life is handed on from one generation to another has been perverted and diverted from its natural, unselfish channels, until in many instances it has become an instrument of weak self-indulgence. One sex has actually claimed for itself a physiological necessity for this unbridled indulgence of the racial appetite, and apparently

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without qualms of conscience has sacrificed members of the other half of the human family; while society has turned its head and looked the other way. Some time ago, when British power was not yet a factor in the life of India, the religious fanatics of that country demanded human sacrifices for their god Juggernaut, and they might be seen throwing the bodies of selected victims under the rolling wheels of the carriage where the hideous, grinning idol sat enthroned, while the indifferent crowd gazed with unconcern or approval on the crushed and quivering bodies of the sacrificed. So in civilized and Christian countries, human creatures have been sacrificed to a so-called "necessity," a creation not of nature, but of tradition, ignorance, intemperance, and misuse of power. And this practice has been contrary to the teaching of Christ, who preached a single standard of morality when he asked the man who was without sin to cast the first stone at the woman men had accused and brought to the great teacher for judgment.

The man and the boy have, not infrequently, been taught that it is right and even necessary to gratify the racial impulses rather than to

control them. Mothers themselves have been known to counsel their sons to do evil, having imbibed false and pernicious opinions which ignorant or interested persons are still endeavoring to perpetuate.

When a condition has been established for a very long time,—no matter what its basis, good or evil,—it is sometimes mistaken for a law of nature, and is often regarded with a consideration and respect to which it may have no claims save those of antiquity. We sometimes overlook the fact that our opportunities for investigation of natural facts are immensely superior to those of our ancestors; and that many opinions once thought to rest on a basis as solid as the rock of ages, have, in the light of scientific investigation, dissolved into thin air. We no longer consider the earth a flat surface, although that was once the universal opinion; nor do we believe that because the arteries are found empty after death, they were filled during life with air or spirits, although that also was at one time the current belief. So, too, intelligent members of society, in the light of reason and investigation, can no longer believe it necessary for one half of society to prey upon the other half.

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Nothing evil ever was unavoidable, consequently there can be no necessary evil. Nature, so careful of the race and type, would never try to undo her own work; she works in an orderly fashion and her end is progression and not retrogression. So in her attempts to nullify the effects of man's evil deeds, she visits with destruction and death those families which have transgressed her laws and defeated her plans of evolution. No animal debases and works destruction on its own kind; only man, gifted with reason but allowing himself to be governed by his basest passion, has placed himself below the level of the beast.

Man has raised an altar to sensual gratification upon which humanity has been sacrificed. No respect has been shown to that fundamental human equality which recognizes the right of every creature, no matter how poor or weak or ignorant, to life, liberty, and the pursuit of happiness. How could it be necessary to take a human being, a living soul, made in the image of her Creator, and so debase and degrade her that her touch, her atmosphere, the very sight even of her, means contamination? Can anything be regarded as indispensable that demands

a constant sacrifice of human life, that causes misery, disease, blindness, and death to the innocent as well as the guilty, and that brings about deterioration of the race?

The diseases of the scarlet woman are the diseases of those from whom she receives her living, and her patrons are more dangerous than she to the general public; in the first place, because they are far more numerous than the prostitutes, and just as diseased; and secondly, for the reason that the public woman lives apart from decent society and must be sought in her haunts, while the environment of the scarlet man is our own, and as he refuses to wear his flaming badge externally, he cannot always be avoided.

If the laws of nature are studied,—and nature's laws are fundamental (for laws made by man can endure only when they are founded upon, and in harmony with, those of nature),—then it will be found that no so-called physiological necessity exists for one sex that does not also obtain for the other. We know that the racial appetite is not at all as insistent as it has been represented to be, but that pernicious teaching, the irritation of lascivious thoughts, immoral

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plays, books, and pictures, keep this appetite in a constant state of irritability very inimical to continence.

The use of alcohol has always played a very sinister part in the stimulation of the racial appetite, as well as in the maintenance of prostitution and the spread of social disease, for it depresses the higher controlling centers of the brain and inhibits the will power while it stimulates the emotions. Indeed, alcohol has been called one of the three great plagues of the world, for while the higher functions of the brain are submerged, the individual becomes a mere pawn upon the board of circumstance, and may be pushed in any direction. Curiosity, alcohol, and evil companions form a triad which has initiated many a sexual debauch. These agencies, rather than the promptings of sex, have been responsible for many social tragedies.

The difference which exists at present in the morality of men and women is due to environment, to the repression and self-restraint imposed upon woman, and to the fact that she has been compelled to suffer all the punishment for an act in which the participation was equal. Social enactments of his own making have

placed no bar upon man's transgression of the moral law. Continence has been insisted upon for one sex under pain of the severest punishment, even death itself, while incontinence was regarded as a necessity for the other. Yet it was the identical impulse acting in each individual, and existing in each for exactly the same purpose.

Woman, so long regarded by man as inferior to himself both in body and in mind, is yet, illogically enough, always expected to be mistress of herself, and to hold in absolute subjection and complete control those appetites which so frequently conquer and enslave the "stronger sex." Yet it is now an established fact that although the sexual appetite of man may be more quickly and directly aroused, when the same desire finally appears in woman it is more difficult to control.

If we seek analogies in the animal world, we do not find that the male is at all more likely than the female to suffer from the non-exercise of the racial functions. Indeed in the animal world the female often takes the initiative in courtship. As the generative area in the female is more extensive, more highly organized, with



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richer nerve and arterial supply than the corresponding tract in the male, it follows that if continence were to have an injurious effect upon either sex, we should expect to find the female sex suffer rather than the male. But what a vale of desolation this world would be, if woman, too, had claimed a "physiological necessity" for sense gratification, and refused to count the cost!

It is not in fact the most virile men that are the most immoral, but those of deficient will power, who instead of controlling their appetites are mastered by them. It is the man low down in the scale of intellect, the savage and the idiot, who are conspicuous for their sexual power and whose animal appetites are most in evidence.

It has been argued that any muscle or organ in the body, if not exercised, is likely to suffer from disuse, and that therefore a celibate life reacts injuriously upon the individual. No such tendency exists in the generative organs, which are not injured by lack of use. The breasts, for instance, may remain quiescent for decades, and yet, when the physiological stimulation appears, they functionate perfectly. The womb retains its fruit-bearing capacity until

ripe middle age though it may never have exercised its prime function. Other glands, such as the lachrymal, or tear, gland, retain an integrity of function, without constant exercise. The testes are glandular structures also, and their activities are not injured by conservation.

It would seem, then, that the basis of the "physiological necessity" is simply brute force, and the power to enforce compliance with outrages against nature. Men have gone on long voyages and explorations in company with their own sex alone without injury to health; and we have a church in our midst whose thousands of priests are sworn to perpetual celibacy. Many of these clerical men have certainly displayed great mental vigor, while physically they have been the peers of other men. The eunuch of the East has not shown an inferiority of physical strength, vigor, or endurance; he has been able to secure important official positions where in the discharge of his duties he has shown administrative ability of no mean order.

The opinions of distinguished medical men show that continence is not inimical to health. The specialists of the Brussels International Congress declared that "Continence is not

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inimical to health, but on the contrary should be recommended." Other organizations, such as the German Society for the Prevention of Social Diseases, and the American Society of Social and Moral Prophylaxis, have reached similar conclusions. The Pennsylvania Society for the Prevention of Social Disease declares it to be "the consensus of opinion among physicians in America and throughout the world, that illicit commerce is neither necessary nor advantageous to the health or vigor of any man or woman, and that, on the contrary, it renders the individual liable to dangers that immediately assail the integrity of the home, and the health and welfare of the community at large." Sir William Gowers, M.D., F.R.S., in the Lettsomian Lectures on Syphilis, says: "I assert as the result of my observation and consideration of facts of every kind, that no man ever yet was in the slightest degree or way the better for incontinence." Dr. Howard Kelly of the Johns Hopkins Hospital in Baltimore states that "the overwhelming advantage is to the continent man." Dr. Prince Morrow said of the "physiological necessity": "We repudiate this counterfeit presentment of physiological truth."

Dr. H. Neisser, the greatest living German authority, declares "that the opinion that the satisfaction of the sexual impulse is necessary to health is false."

Dr. Edward L. Keyes, Jr., remarks: "Absolute continence does not, in man or woman, impair sexual instinct or appetite," and the same author believes that indulgence of the kind under discussion is a pleasure which, like smoking and drinking, becomes a necessity only from intemperate indulgence, and that the hold it acquires upon its victims resembles a drug habit. "Fallen men," remarks James Foster Scott, M.D., of Edinburgh University, "by continual stimulation of their sexual passion with erotic thoughts, sensual conversation and literature, and by the rehearsal of lewd stories, produce in themselves and in others who fall under their noxious influence an uncontrollable passion," and this author continues: "Intercourse with different women is well known morbidly to increase desire." W. J. Jacobson, who is surgeon to Guy's Hospital, London, believes that "it is the incontinent men who are subject to this constant irritability of the sexual organs and it is they who, from unshunned excitement, must

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suffer from an excess of seminal secretion and its results."

Men who are held in the grasp of their uncontrolled sensuality suffer from glandular hypertrophy and profuse secretions developed by their own intemperance, which goads them to further debauchery and to abnormal practices. Such men insist upon a constant sacrifice of womanhood to their desires, and the law has been very indulgent to their demands.

Sir Andrew Clarke has said: "Continence does not harm, does not interfere with development; it elevates the whole nature, increases energy, and sharpens insight." From another authority we learn that for some of the very noblest types of manhood this sort of indulgence is notably infrequent. Fournier, the great French specialist in venereal disease, declares that he has never been consulted with regard to the evils which are said to arise from continence, while other observers have remarked that fully one eighth of all the disease and suffering in the world has proceeded either directly or indirectly from incontinence.

Animal appetites increase by stimulation. Indulgence of the senses weakens the power of

resistance and tends to destroy the power of the will. Carpenter, an eminent physiologist, believes that to repress effectively the racial appetite, the energies should be drawn off into other channels, such as mental effort or active physical exercise. And as we find athletes and scholars attaining eminence in their chosen pursuits only when the racial functions are not exercised, the teaching of nature is evident to those willing to learn in her school; for if continence is a conserving force, certainly incontinence must be a destructive one.

The fiction of a "physiological necessity" served as an excuse for the establishment of a double standard of morality; and its imposition has been the means of introducing the subtlest and deadliest poisons into the bosom of the family. Diseases illicitly acquired have been brought to the chaste wife in the sanctuary of her home where she supposed herself free from such attack, and there, unable to defend herself, she has been inoculated with diseases too shameful to be even mentioned in public, but not too shameful to suffer. Thousands of innocent women have been thus sacrificed to social laws that allow one person to expose himself

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voluntarily to a contagious disease which may rob another person, innocent of wrongdoing, of health and even life; a person whom the carrier of the disease has pledged himself to protect.

The crop of "wild oats," whether sown in irresponsible youth or in ripe maturity, is bound to bear a bitter harvest. It is the one crop that never fails, though it may be when the harvest is ripe, the seed-sowing is all but forgotten. But the blind child, the imbecile, and the feeble-minded are mute but living reproaches to the father who was the means of depriving his own child of its birthright,—a sound mind in a sound body,—and who has caused him to be puny, misshapen, and diseased.

## XI

### SYPHILIS AND GONORRHŒA

SYPHILIS and gonorrhœa are the chief contagious diseases that have their origin in immoral living, and unfortunately these maladies may be transferred to innocent persons.

The germ causing syphilis is known as the *Spirochæta pallida*, and this microörganism may be transmitted directly, or indirectly through the use of table utensils, such as cups, spoons, knives, and also by such articles as pipes, cigarette-holders, and by razors, dental instruments, etc. The very worst type is often inherited. This disease can find entrance to the body through an abrasion of the skin or mucous membrane so slight that perhaps the lesion has escaped notice and quickly heals. In a short time, however,—about three weeks,—a small ulcer manifests itself at the site of inoculation. This lesion may also be insignificant or again it may be well



marked. There is now a systemic disease with local manifestation, presenting distinct phases of development.

As it is a constitutional disease, it may take possession of any organ or tissue in the body. It may attack the brain, the spinal cord, the bones, the arteries, the heart, the liver, the stomach, the ear or eye; no structure of the body possesses immunity from attack. It produces changes in the tissues everywhere, diminishes strength and vitality, and weakens the whole constitution, which, in consequence, becomes susceptible to other maladies. The disease is characterized by long intervals of latency, years, even decades at a time, when no external trace of the malady is visible; but it is also liable to manifest its presence at any time, and as in all chronic diseases, it is impossible to say positively that all trace of the disease has been removed from the body.

The first stage of syphilis, the ulcer or cancer stage, has been mentioned. The second stage is characterized by eruptions on the body of varying character, by mucous patches in the mouth, which resemble small blisters, and not infrequently by sore throat.

The mucous patches are highly contagious, and the person suffering from them may infect another by a kiss, or by the use of a common drinking vessel, or by pipes, or in similar ways.

In quite a number of cases innocent persons are infected. Physicians, nurses, and midwives have been infected through abrasions of the hands. Wet-nurses have been infected through the nipple by a syphilitic infant. The disease spares neither age, nor rank, nor sex. It attacks the innocent as well as the guilty, laying its impress, often indelible, upon all.

The lesions of the third and last stage are evident in the bony and nervous structures. In untreated cases the bone softens and breaks down, leaving disfiguring traces of the attack.

The disease causes softening of the brain, a general form of paralysis of the insane, in about ninety per cent. of cases. It causes about ninety per cent of cases of locomotor ataxia, as well as many other forms of paralyzes and of nervous diseases; and from twenty-five to thirty per cent. of insanity. Syphilis decreases efficiency in general, destroys careers, and according to the statistics of life insurance societies, shortens the expectation of life by about one third.

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While this malady exacts a heavy tax from the adult, the child born with a syphilitic inheritance suffers still more. The fury of the disease is so great that the infant is often killed before he sees the light. This disease is, indeed, one of the most potent causes of race suicide. Records of affected families show that the infant mortality in some families has reached as high as one hundred per cent. Conception is not prevented, but one miscarriage follows another in succession, so that suspicion is always aroused when a family history of this character is obtained. If the child is born alive, it may not live more than a few days or a few weeks; twenty-five per cent. of such infants die in a few weeks, and one third of all born, die within six months.

Those that live and struggle along through life are branded; their physique is poor, their vitality is low, and their resistance to malign influences and to disease is often negligible. Fourteen per cent. of these individuals show deformities of body such as hare lip and cleft palate, besides other malformations. The mind is just as likely to be defective as the body; feeble-mindedness is a frequent symptom of syphilitic inheritance. There is also a pre-

disposition to epilepsy and to other nervous affections. Syphilis by lowering the vitality prepares the ground for other diseases, notably for tuberculosis; consequently, until syphilis is eradicated, it will be impossible to get rid of the great white plague. The records of the Charity Hospital of Berlin show that fifty per cent. of the consumptive cases in that institution were syphilitic; and statistics taken from the Children's Hospital at Melbourne record forty per cent. of cases suffering from tuberculosis of the hip, as well as sixty per cent. of tubercular meningitis cases, occurring in children with a syphilitic inheritance.

It would appear then that death is not the worst of evils,—that it is just one of nature's methods of eliminating the unfit. It is preferable to the racial degeneracy which results from the birth and continued existence of human beings who are physical, mental, and perhaps moral cripples; whose removal from the stream of life is a blessing, for these racial defects may be inherited even to the third generation. Diseases of this character have helped to fill our institutions with the blind, with the imbecile and the feeble-minded, with those who should

never have been born and who come into the world to be a curse rather than a blessing.

Osler says: "Syphilis is a disease almost unparalleled in the extent and intensity of its ravages." It is impossible to state with accuracy the extent of syphilitic disorders. The disease masquerades and is concealed under different names in hospital and other records, but the number of persons affected is large; probably fifteen to twenty per cent. are affected in this way. Fournier states that in five hundred marriages which he had recorded, he found 487 cases in which the husband had brought syphilis into the wedlock. It is estimated that eighty-five per cent of syphilitic pregnancies terminate prematurely. Morrow found that fifty per cent. of the children of syphilitic mothers are born dead; and the records of the Le Pileur Hospital show three deaths out of every four births.

That much-vaunted remedy for syphilis, Salvarsan, has not proved the brilliant success that was expected. It would, however, be impossible to state with any kind of accuracy the value of a drug in the case of a disease which may remain latent for ten or twenty years,

until that drug had been in use for ten or more years.

**Gonorrhœa.** Until comparatively recent times, gonorrhœa was considered a disease of but slight importance. This opinion, however, is no longer maintained; for in its effects upon the individual and upon the race, gonorrhœa is scarcely less menacing than is syphilis. The latter enfeebles the race by causing degenerations in organs and in tissues, and by affecting infant mortality. Gonorrhœa, on the other hand, while it may be found anywhere in the body, is apt to concentrate itself upon the organs of generation, causing inflammations which cripple and maim these organs, so that sterility, complete or partial, is the result. The gonococcus may locate in the joints, where it produces a very painful form of inflammation resembling rheumatism. The germ has been found in the brain, in the spinal cord, on the valves of the heart, as well as in the muscles.

In women the onset may be so mild as to pass unnoticed, and the germ becomes firmly entrenched in the tissues before its presence there is suspected. In the acute form the disease is curable, but in the female sex the affection is

often sub-acute from the beginning. It may remain quiescent for a very considerable period, but there is always the possibility of an exacerbation of the disease, so sudden and severe as to claim, or at least to threaten, the patient's life.

Gonorrhœa has a tendency to locate in cavities which are difficult of access, and where the disease is likely to remain for an indefinite period. The pelvic conditions are apt, at intervals, to cause severe pain; inflammation distorts the organs so that the normal relations are altered and their functions impeded. Consequently barrenness, or at least partial barrenness, results, only one child being born to a parent thus affected. Little girls are quite frequently affected with gonorrhœa. As a result there is interference with the growth and development of their generative organs, causing suffering in later years.

The disease is as common as measles. Blaschko states that eighty per cent. of the young men in German cities have gonorrhœa at least once, and that the average young man who lives in Berlin till his thirtieth year has gonorrhœa three times and syphilis as well. Dr. Joseph Taber

Johnson says: "Not less than ninety per cent. of men in the larger cities of the world have, or have had, gonorrhœa." Prof. J. Clifton Edgar, of Cornell University, says: "So long as men are infecting four fifths of womankind, it will be necessary to instill into the eyes of the newborn infant immediately after birth some drug to counteract this almost universal poison." This means that every newborn infant must be treated on the assumption that its mother has infected it with gonorrhœa.

In 1901, the Committee of Seven sent letters to 750 physicians in New York City. The report on the data received stated that there were 162,372 persons in the city suffering from venereal disease in the practice of the physicians mentioned, and of these about ninety per cent. had contracted gonorrhœa. Of 15,969 cases treated, but 1941 were women patients; among children of various ages 488 cases were found. Nearly one third of the reported cases occurred in married women who had been infected by their husbands, and forty per cent. of these women, it was found, were suffering from pelvic disease. Dr. Morrow states: "There is in the aggregate more venereal infection among mar-



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ried women than among prostitutes in this country." The same authority states: "My own experience at the New York Hospital, extending over a period of years, would indicate that fully seventy per cent. of all women who came there for treatment of syphilis were respectable married women who had been infected by their husbands."

Gonorrhœa is not merely a local disease, for in many instances it causes a general toxæmia, manifested by recurring pains in the pelvis, by anæmia, debility, lack of energy, and general invalidism. There is interference with the menstrual function, the periods become painful, irregular, and profuse; leucorrhœal discharge is a frequent symptom; there may be also irritation of the bladder and of the rectum. Pelvic tenderness and pain are common symptoms of the disease.

The gonococcus is very tenacious of life, and while it may remain inactive for prolonged periods, it still retains its vitality. As a result, when it is stimulated into activity by any cause, even when passed through a new culture ground, it manifests all its primal vigor and virulence. Consequently it happens quite frequently when

a man, who believes himself cured of gonorrhœa, marries, that he infects his wife, who in turn reinfects her husband with the germ her spouse had given her, and the disease thereupon runs the course of a new infection.

The vitality of the gonococcus is so marked that it has been obtained from secretions found in clothing for a period as long as six months after the original infection. In chronic cases the germ is very difficult to locate, but even when it appears to have disappeared altogether from the tissues, and though no trace of it may be found in the secretions, one cannot positively state that the disease has disappeared entirely from the system.

An acute attack of gonorrhœa runs a course of six or eight weeks, after which it passes over into the sub-acute and chronic forms. The most favorable time for finding the germ is just before or immediately after a monthly period, as it multiplies rapidly at this time. Chronic cases are stirred into activity by sexual intemperance, alcoholic stimulation, over-exertion, or any excess.

The number of gonococci is greatly increased during and after childbirth. Towards the end

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of the first week they will be present in large numbers, although before labor their presence may not have been suspected. A case of latent infection of this character is reported by Prof. Findley: soon after the child was born the disease spread to the appendix and peritoneum. Custom says that "of all acute infectious diseases, it is certainly gonorrhœa which plays the most important part in the complications of the puerperium." Findley, too, remarks that "every careful observer is keenly aware of the frightful prevalence of gonorrhœal puerperal infections."

In such cases as these, the woman pays the price of her maternity in future sterility and perhaps invalidism as well, that is, if she is fortunate enough to escape with her life. In 1898, in the clinic at Dresden, there were 2300 labors, and the gonococcus was detected in about a quarter of the cases in which fever occurred. In the Dresden clinic, Albert also found 183 cases of puerperal sepsis with six deaths, which were attributed to the influence of the gonococcus.

Gonorrhœa has a most destructive effect upon the organs of generation in both sexes. Kehrer found in ninety-six sterile marriages

that the husband was at fault in forty cases. Grandin declares that in fifty per cent. of instances man is responsible for sterility in women, and adds that man should no longer be called lord of creation, but rather exterminator of the species. Noeggerath found that nineteen out of fifty-three women who became pregnant in the course of a gonorrhœa aborted; and Sangar asserts that the abortive influence of gonorrhœa is as pronounced as that of syphilis.

The property possessed by the gonococcus of remaining latent in the tissues indefinitely is a very formidable one. Findley says: "Now we are all but ready to say that Noeggerath was right, when he said that gonorrhœa can exist in the tissues throughout the lifetime of the individual, and at any time, under favorable conditions, light up into what appears to be a new and acute affection." J. Taber Johnson, M.D., has said that "we can obtain an approximate idea of the mortality due to gonorrhœa, when we consider the great number of major surgical operations, abortions, and the untold number of conceptions prevented by the disastrous results due to such infections."

It is gonorrhœa which keeps the consulting

room of the gynæcologist thronged with patients, and which gives to the surgeon about three quarters of his work. Julian says that it is common to hear women who constantly suffer from uterine torture employ such words as these: "When I was a girl, I was quite well. It is only since my marriage that I have become ill." Professor Dudley asks the question: "Why do large numbers of apparently healthy young women date their pelvic infection from the marriage week?" The same authority continues: "The causation of hopelessly diseased uteri, tubes, ovaries, not to mention proctitis, urethritis, cystitis, rectal stricture, pyelitis, and nephritis, has been explained by the word 'idiopathic.' The histories, if written, would tell often of an apparently cured gonorrhœa in the husband before marriage." And Professor Ashton, speaking of latent gonorrhœa, says: "This is the explanation of the fact that so many young wives are infected by husbands who have not had gonorrhœa for months or years before marriage."

It is very largely because of social disease that a condition of chronic ill-health seems almost natural to married women. When the gener-

ative organs have been infected with gonorrhœa, and the woman is reduced with her suffering and invalidism, when she is a feeble, worn, nervous wreck, and her life a burden, she at last seeks the dreaded operating table for relief; and she leaves that table, after seeking it for such a cause,—as a rule to which there are few, if any, exceptions,—a deformed, mutilated, sexless creature. Castration in man is regarded as a cruel, degrading operation, tending to embitter the subject of it against society. It is, therefore, not resorted to even in the case of the very worst types of criminal. But every day there are castrated, women who are the very flower of womanhood; who are compelled to undergo this cruel, unsexing operation because of the shortcomings of others.

Dr. Morrow speaks of the pathetic appearance of the woman whose instinctive desire for children has been disappointed; he speaks of her going to one physician after another in the vain hope of being cured of her sterility; he mentions her willingness to submit to any cost of time, or pain, or suffering which promises relief, and concludes with the statement: "And the satire of it all is, that in many cases the husband,

inflated with the sense of his own virility, is himself responsible for the sterility." Morrow states that a large proportion of the seventy-five per cent. of sterility assigned to the woman is due to gonorrhœa communicated to the wife by the husband.

The Bulletin of the Oklahoma Board of Health, commenting on the protection of women, said some time ago:

Statistics throughout the United States will show that from sixty to eighty per cent. of all abdominal operations performed for the purpose of relieving pelvic disease in married women are the result of a contagious disease from which the husband was suffering at the time of marriage. Statistics from our Home for Feeble Minded will prove that seventy-five per cent. of the inmates in this institution are part of the crop of "wild oats" sowed by their father while a single man. Forty per cent. of the children in the State School for the Blind are denied the light to see the beauties of this world because their father sowed wild oats. There are at least 200 inmates in the State Hospitals for the Insane whose brains are as blank as a stone wall, and their condition is the result of alcohol, vice, and immorality upon the part of their fathers. Science teaches that the husband's wild oats are responsible for so many families with only one child. God Almighty has seen to it that every woman at the time of her birth is born with a maternal instinct and a desire for children. Can you picture to yourself a young woman of good physique, a good complexion, sprightly step, bounding vitality, the result of hygienic living, forced into the hospital and upon the operating table within a year, or possible three years after

marriage, for an operation necessary to save her life, and that if she recovers, she will be doomed to a childless life for the balance of her days.

Although gonorrhœa is so prevalent and so menacing to the health and life of women who are innocent of wrongdoing, yet the state affords woman no protection, yet, unlike man, she is in most instances unable to avoid contagion. On the other hand, man, who voluntarily exposes himself to contagion knowing that he may very likely contract a loathsome disease, has endeavored to minimize the risk he runs by subjecting the woman to various regulations and restrictions, and demands from her sanitary guaranties, which he himself is not willing to furnish, even to his own wife, who has a right to demand this assurance. There are states, to-day, which give a legal support to immorality, which give a legal sanction to prostitution, while the mother, who is the creator of the state, is without any such protection.



## XII

### A MORAL DEFORMITY

A GLANCE backwards at the history of the world shows us that the happiness and well-being of any class has in large part been measured by the power of that class to enforce consideration. At a quite early period, the belief was current that the sacrifice of a woman's chastity was an act of piety, and when the offering was made to a deity, which was not infrequent, the woman was regarded with veneration, and her prayers were considered of value in averting calamity. Later on prostitution became compulsory in many countries; the sacrifice of female chastity was demanded for the public good, and the money thus earned was appropriated by the state. Children were often sold into this life and were brought up to practice it.

Woman early learned that self-sacrifice was her duty, and she was trained in unquestioning

obedience, docility, meekness, and dependence—qualities bred in her for centuries, though no more natural to woman than they are to the male sex. These slavish characteristics do not belong to free-born women, and they tend to make easy victims for the white slaver and other exploiters.

With the increase of wealth and power, to which as a domestic worker, a slave, and the mother of many children, woman has contributed very materially, the spirit of domination came more fully into play and virginity gradually assumed a market value. At one time, a virgin was a young unmarried woman, free to dispose of her body according to her inclinations; but now, woman no longer owned even her own body. She became the chattel of an owner, who fiercely resented and would furiously oppose any other who disputed his claims to ownership. This idea, that woman is subservient to man, that she is a mere possession, a convenience, and without any individuality of her own, lies at the very root of the social evil. This conception of woman has ground itself into social observance; and it has permeated the structure of the Common Law which has

retained woman in the position of a perpetual minor. Even as late as the present century, a male writer declared that "the function of reproduction alone excused or explained woman's existence." The writer to whom reference has been made apparently was not aware that biological research had shown that it was the male sex that was created solely to serve the race and was an afterthought of nature.

We have, crystallised into law, the opinions of men who were ignorant of the laws of life; who were half savage, half barbarian, intolerant, selfish, unjust; with a thirst for power and but little consideration for those held in the grasp of that power. Laws are, of course, but a reflection of the period in which they were written, and show us man himself, his appetites, desires, opinions, and commands; yet we are as loath to change these laws as we would be if they were the product of the soundest legislation, and with each succeeding age, the law becomes more firmly entrenched and more difficult to uproot.

In most countries, with the advance of civilization, the status of the public woman declines, and the history of many states shows us that prostitution after a time is despised, and though

it may be tolerated, foreigners are preferred for this purpose, as there is a reluctance to impose the life upon native women and citizens.

Gradually, the evils inseparable from prostitution became apparent, and efforts were made to abate the practice. These repressive efforts took the form of the grossest cruelty, although the influence which brought them to the front was preëminently clerical, and the severe measures adopted were visited only on one sex, a practice which was entirely opposed to the teaching of Christ. The women were publicly flogged, they were branded, their hair was cut off, they were obliged to wear clothing of a peculiar cut and color. They have been thrown out of their homes half-naked on the street, and refused food and lodging; they have even been sentenced to death for their offence against morality.

But what outrages the modern sense of justice is that for their companions in crime there was no punishment whatsoever; the man might be a participant with the prostitute in guilt, and at the same time be her accuser, her judge, and member of the jury that condemned her. Charlemagne, though he supported a number of

concubines, ordered drastic punishment for the prostitute.

Sporadic attempts, all more or less cruel, have been made down to the present time. In the 13th century, Louis VIII., and afterwards Louis IX., made very strenuous efforts to crush the evil by force; as five centuries later did Maria Theresa. But brutal and forcible measures are rarely satisfactory when dealing with human nature. Hence another method of dealing with this evil, that of regulation, was tried. Reglementation, or regulation of the social evil, has been employed for generations in Europe, especially in Germany and France. The essential feature of the system is the hygienizing of prostitution,—of making vice innocuous for contemplating patrons. Reglementation provides for the official registration of the public woman, for her examination at stated periods by a physician, and her removal to a hospital if found diseased, where she remains until well enough to resume her occupation. If the woman is found healthy, she receives a medical certificate of freedom from disease, which can be examined by the cautious candidate for her purchased favor.

The system of regulation has many defects. It is unable to take cognizance of the clandestine prostitute, who, it is said, outnumbers those who follow the profession publicly. It ignores the male factor in the spread of disease, and as from sixty-five per cent. to ninety per cent. of the latter are said to have suffered from venereal infection at some time in their lives, this is an important omission. Most infections, we know, arise from chronic cases, which are supposed to be cured, and which while giving no trouble, yet are capable at any time of being stimulated into new life. Again the patron of the brothel who is actively diseased may infect his own sex through the medium of the prostitute; for, though the latter may not be affected, yet she may be the means of distributing from one visitor to another the germs of a virulent malady which the first customer of the day left behind him, each of his successors receiving a portion of his predecessor's infection.

Consequently a system which regards as diseased, or capable of transmitting contagion, the woman only, and which treats the male factor in the situation as beyond and above the laws of nature, is inviting defeat. If men were

submitted to a rigid, incessant inspection and treatment, enforced, if necessary, for their venereal accidents, there would, without doubt, be less disease than under the present system.

A medical examination, once a week, or once an hour, could not prevent contagion if but one of the immoral participants were inspected. It is not surprising, therefore, that men have, in Germany, waited outside clinic doors, to kill the doctor who had misled them.

The regulation of vice by the state implies the upholding of the double standard of morality, and gives the industry a certain standing in the community. When it is known that the women are supervised and that, when ill, they are obliged to undergo treatment, a feeling of confidence is engendered, and any hesitancy which might be present on the score of possible infection is removed. This false sense of security actually leads to an increase of the evil it was designed to check, the number of prostitutes increases and brothels multiply.

In sub-acute and chronic cases the disease is difficult to detect at the first examination. Sometimes several examinations must be made before ocular proof of the presence of the disease

is obtained, and when the diagnosis is actually made, the malady requires not weeks or months, but years of treatment. The method of glossing over the disease by a few weeks' treatment in a hospital is familiarly known as "whitewashing," but is of little actual value.

It is not surprising then that regulation of the social evil has proved a failure wherever it has been tried. It has been abandoned in England and in India; in Holland, Norway, Sweden, and Denmark. The French Extra Parliamentary Commission, appointed to study the question, declared that regulation is a thing essentially mischievous. Special hospitals for the treatment of these diseases are, after a hundred years' trial, being abandoned in Paris. Fournier, the great French authority, declared that venereal disease grew worse in spite of regulation. In Germany men like Niesser, Lesser, Blaschko, among the highest living authorities, declare that regulation is worse than useless.

Reglementation has always been regarded with favor by police authorities. It placed in their hands arbitrary power and permitted them to arrest on suspicion any woman willing or unwilling to submit to their inquisitorial



power. As a consequence many respectable women have been brought into court on the most humiliating and degrading of charges.

In a congress held at Paris in the year 1913, which was attended by such men as Sir Victor Horsely, Dr. Fiaux, the successor of Dr. Fournier in the Hospital St. Louis, Prof. von Düring of Vienna, and other eminent men, it was shown that the *police des mœurs*, a special sanitary force, themselves entrapped girls and preyed upon them. At this meeting it was stated by the physicians present that medical inspection and regulation as practiced on the Continent had actually increased social disease.

Reglementation was tried in Missouri, in 1872. The experiment extended over about twelve months, and during this time licentiousness increased as well as prostitution.

In 1910, an attempt was made in the New York Legislature to foist upon the public, who had not asked for and apparently had not desired any such legislation, a form of regulation which was to all intents and purposes the entering wedge for that form of toleration of vice which in Europe had proved itself a failure. Paragraph 79 of the Page Bill was under the consideration

of the Page Commission for two years, but as the Commission was composed of men only, the woman's point of view was not obtained, and those interested in the bill were not prepared for the storm of opposition which made itself felt as soon as the bill became law.

Class legislation is intolerable in a democracy. Regulation of the social evil has never secured a permanent footing in America; it is a by-product of old-world opinions on the question of woman's inferiority to man. Women, chaste as well as unchaste, felt that the mother sex was insulted through this discrimination. It was pointed out that the medical examination and the health certificate given to the prostitute were equivalent to providing the male with a license for debauch, while penalizing his immoral associate. It was shown that the greatly increased risk incurred by the wife and mother from her legal protector was ignored by the State, which in giving sanction to an immoral act supplied the outraged wife with grounds for divorce, leading in turn to the breaking up of families and the destroying of the integrity of the home, which is the basis of the State.

The most law-abiding members of society felt

antagonistic towards a law which attempted to safeguard the health of one class at the expense of another, and which placed the burden and shame of punishment on the shoulders of the weaker of two equally guilty parties. While the bill was in operation, one innocent woman, a respectable wife and mother, was arrested on suspicion and suffered the unspeakable degradation of being brought into court on a shameful, though groundless, accusation. This incident sufficed to show the possibilities of the Page Law. The now famous Clause 79 of the Page Bill was after a few months declared unconstitutional.

Another form of toleration of prostitution is segregation. Certain districts of the city are set apart where these women are herded and supervised by the police. Sanitary measures are adopted for the benefit of the patrons. This method has been in operation in a number of American cities. An attempt was made to introduce it in New York by means of the Greenburg Bill. The purpose of this act was to establish certain zones of vice in the city to be controlled by the police. In these zones one sex was to be established and registered. The finger

prints of those segregated were to be taken, and they were to be made medically safe for those who desired their favors. The bill made no provision for the identification of the patron, or for his medical examination, though in view of the large number of venereally affected men, this would seem a necessary procedure. Fortunately the bill did not become law.

One reason why segregation is useless is that it does not decrease the source of supply but rather stimulates the market. "New stock" is required, and the traders work doubly hard to obtain the requisite number of new victims in order to supply the increased demand. This is partly accounted for by the fact that the legalization of prostitution or the toleration of it in any form by the State gives it a status in the eyes of the public, and lends countenance to the old myth of the physiological necessity of prostitution. It upholds, too, the double standard of morality with its frightful consequences,—its diseased wives, its dead and sickly babies, and its physical and mental defectives. The stimulation of the trade is assisted also by the benefits supposed to arise from medical inspection, that siren which lures the cautious to shipwreck.

It has been found that segregation does not really segregate, that the advertisement which this form of toleration receives, with the concentration and coöperation of forces, increases the business. For, as these aids always do increase trade, the industry overflows into adjoining districts. This overflow resulted, for instance, in Washington, in Boston, in Grand Rapids, and in other cities.

It is a fact worth mentioning that men who have acted on vice commissions have in practically every instance known become opposed to the toleration of vice in any form, and instead have advocated repression. Such men do not believe, evidently, in making vice easy or "safe," they would rather make it difficult of access.

It has been noticed that segregation causes an increase in licentiousness, as well as an increase in unnatural practices. The records of cities with segregated districts show that attacks on virtuous women multiply in such cities, and decrease when such districts have been removed. It has been noticed, too, that there is a marked increase in law-breaking and crime in segregated districts, which become the resort of criminals, of thieves and murderers, who also ply their

trade. Such reservations serve as convenient resorts for cadets, and those engaged in the White Slave Traffic, in which to secrete their victims. The traffic in human flesh cannot be suppressed while these moral shambles receive public recognition and support. Men become demoralized by the substitution of a government of men for one of law, and as a result the police grow careless in enforcing the law in other localities. Graham Taylor declares that the segregation of vice demoralized the police of Chicago. The Vice Commissions of Chicago and Minneapolis repudiated all segregation projects. Mayor Hanna of Des Moines testified that when they discarded the policy of segregation, a reduction of sixty per cent. in actual prostitution followed. The final report of the Portland Commission on segregation stated: "That the history of every restricted district in the country has been the history of police corruption, and political corruption, crime, bloodshed, and scandal. Far from eliminating graft, such districts have proved the nurseries of official blackmail, the central point from which the scheme of protection has reached out."

That the scheme of segregation is no longer

regarded with favor appears from the fact that a number of cities have already abolished their red-light districts; among which cities are Chicago, Grand Rapids, Indianapolis, San Diego, Canton, Atlanta, Thomasville, Rochester, Milwaukee, Wilmington, Seattle, Omaha, and others.

A red-light district in Washington, described as "A Plague-spot near the White House," has been in existence for a very long time. The disorderly houses were near the Capitol and other public buildings, and through this neighborhood thousands of young men and women were obliged to pass daily. The Kenyon Bill is designed to abolish this area; and preparations are now being made to find occupations of a different character from those to which they have been accustomed for the denizens of these quarters.

When a state attempts to legalize criminal acts, it forces upon public officials the regulation of acts which the law compels them to abolish, thus placing the law itself in contempt, besides inviting the censure of decent and law-abiding citizens.

As a large percentage of men have at some

time or other in their lives suffered from venereal disease, and as most infections arise from just such chronic cases, it is evident how futile must be the treatment of social disease in the female sex as long as the large number of venereally infected men remain untreated and uncontrolled.

The enforced examination of men has been tried in the army, but medical attention of this kind has not been received willingly by the men, and after a time it has been discontinued, on the ground that it degraded and humiliated the men. In Hamburg at one time, no matter to what social rank a man belonged, if he was accused of infecting a woman with venereal disease, he was obliged to undergo official examination, and treatment, if the latter was found necessary. In Copenhagen, where social disease is treated at the public expense, the records show that three men discontinue treatment before being dismissed by the physician, to every woman who does so.

Scandinavian countries are leading all others in their treatment of the universal scourge. The authorities are always informed as to the extent and fluctuation of these disorders, the



question being regarded as a sanitary one, and treated as a contagious disease of formidable character ought to be treated. The measures referred to are producing most gratifying results, for a marked diminution of disease is now apparent.

The practice of making one law for man and another for woman, when the condition regulated is of the same character and rooted in the same soil, is useless, while at the same time it is revolting to our ideas of chivalry and justice. The germ affecting one sex is just as contagious, destructive, and as much to be dreaded as that infecting the other. An aroused public conscience can no longer permit men to wreck the lives and destroy the happiness of those they have promised to cherish and protect; and then to go their ways unchecked and unrestrained.

Dr. Charles W. Elliot voiced a sentiment that is rapidly growing when he held up for disapproval a form of injustice that has long prevailed universally. Dr. Elliot's experience provides food for thought. The doctor said: "On my return from Japan I encountered at Hawaii the first judge in my experience who, under existing laws, attempted to punish male and female

offenders alike. He caused the arrest of the man who was found with the public woman, and the result of his policy was that the merchants and business men of the community rose up against him, and demanded his removal from the bench." Comment is unnecessary.

## XIII

### OUTCASTS IN THE MAKING

THE central figure of this legislation is that outcast whose ministrations have been declared not merely valuable, but actually indispensable to society; who, we are told, "is a shield to the chaste woman, and a bulwark of the home." If the prostitute has rendered to the community, at a cost to herself of everything life holds dear, a service so priceless, she has been poorly repaid. Other valued public servants have been remunerated for their work by wealth, high-sounding titles, and honor, while this one has been rewarded by infamy, abuse, and a premature death. We have learned, however, in these modern days, to regard with suspicion such dispensations of providence as correspond too closely with our own desires and interests.

So far as the girl herself is concerned, she is usually young, sometimes but a mere child, and

in many instances still youthful enough to cherish her doll. Little girls, children of the very poor, and many orphans without guardians are at a very early age the victim of the seducer and later of the procurer. Most of these under happier conditions would be wives and mothers and useful citizens. Not more than a fifth of the whole number of public women take up the life voluntarily, and of these many are mentally defective. In the Magdalen Home in England it was found on investigation that sixteen per cent. of the inmates were feeble-minded; and in Germany, Borhoeffer found that of 190 prostitutes who passed through a certain prison, 53 were feeble-minded and 102 had inherited degeneracy. Investigations made in this country at the Bedford Reformatory and at institutions of a like character have given similar results. Of the others, General Booth says: "Many find themselves where they are because of a too trusting disposition, while some are just as much the innocent victims of crime as if they had been stabbed by the dagger of an assassin."

The economic factor is always one of importance. Most of the women under discussion are recruited from the lower ranks of life, not be-

cause women of the lower class are less chaste than their more fortunately placed sisters, but for the reason that they are more defenseless. The traditions of centuries have tended to make the female sex dependent and confiding; at the same time our laws, social as well as legal, favor the stronger rather than the weaker sex. In St. Petersburg, domestics practice prostitution only when out of employment, and Blaschko said, in 1899, that "occasional prostitution in Germany far surpassed professional prostitution, increasing or diminishing inversely as employment or industry." The women who find their way to the brothel are in large measure those unable to make their way in the world unassisted; they are unequal to the fierce competition met in the labor market; they cannot successfully combat the ever-present temptation, unprotected as so many of them are, as well as untrained and unskilled in any trade commanding a decent salary.

Another aid to the drag-net that hauls in victims is the overcrowding in which so many families are obliged to live. Large families grow up huddled together in two or three rooms, with perhaps one or two boarders taken in to

help reduce the rent. From such homes, the decencies of life are necessarily excluded, and their members spend as little of their time at home as circumstances permit, preferring to loiter on the street, or enjoy themselves at shows and dance-halls. An environment of the nature described is not conducive to modesty or morality; and young people living in such homes become acquainted, at a very early age, with the most intimate relations of life. Girls are found on the streets one or both of whose parents are addicted to the use of alcohol; they have had no moral training, no instruction in questions relating to the sex function, and they have been surrounded by immorality.

The report of the Chicago Vice Commission makes this statement: "Before the Juvenile Court the wrongs done to little children are with awful frequency charged to their own fathers, brothers, uncles, and cousins. While those mentally below par, the feeble-minded, and those without a proper guardianship, furnish a large quota of victims for exploitation for the profit or for the passions of men, there is another class which still more excites our compassion—those who are of a normal mentality, but are

too young to understand the nature of the liberties that are taken with *them*." Jane Addams draws attention to these outrages perpetrated against family, race, and nation. She states that "A surprising number of little girls have first been involved in wrongdoing through the men of their own households." Miss Addams found, in a certain district, that of 130 girls, the majority had been violated at an average age of eight years.

Dr. Flora Pollak of the Johns Hopkins Hospital in Baltimore, a well-known worker among little children, recently read a paper, dealing with this subject, in the New York Academy of Medicine. This paper showed the existence of abuses of the kind referred to by Miss Addams; but, in addition, the author furnished proof that atrocities of the character under discussion were not confined to the families of the poor. One case is recalled of a man violating a child of three years. The lady whose servant this man had been was so positive that the accused was innocent of the charge made against him that she furnished bonds for him to the amount of \$1000. The lady subsequently admonished the small members of her own family not to

associate with the little one of three years, saying that the child "was a bad little girl." What was her surprise when her own little daughter of four burst out with, "Mamma, *he* is a bad man; he hurt me too!" Many instances were given of violations in families, where for family reasons and because of the dread of publicity, no effort was made to punish the criminal.

Dr. Evangeline M. Young, founder of the first School of Eugenics in this country, in a paper contributed to the *Woman's Medical Journal*, gives a long list of abuses of the same nature, which had come under her personal observation. Dr. Young believes that the violation of young children and indecent exposures made before them resulting in the destruction of their sense of modesty are most important and hitherto neglected factors in prostitution. This author says that the sense of shame and modesty is often destroyed in its incipency, that the little girl is gradually led from one experience to another, with the result that at puberty the open and gross expression of her sexual corruption is the most natural thing to expect. This observer is not surprised that in such an environment girls show preco-



cious sexual activity, and is only surprised that the early exposure to such indignities does not prevent some of them from developing into persons of clean minds and right intention.

In the summary appended to the article, we learn that of 127 girls under twenty-one years of age, the number of victims of some sexual crime was 72 or fifty-six per cent. Of these 72 girls, 18 had had some sex offence perpetrated upon them as they were approaching their sixteenth birthday. The age of consent in Massachusetts is sixteen years, and it was found that this fact is observed by men and boys generally, and that up to this age limit, most of the sex handling is of such a minor character that it will not be detected, while as soon as the girl is beyond the protection of the law, she is not safe from the most brutal assaults. In the case of 48 of the 72 instances in which some crime had been committed, the girls were under twelve years of age. The youngest girl to give such a history was three years of age, and when brought to Dr. Young for examination, the child could hardly lisp her experience and was already infected by gonorrhœa. The crime had been committed

by an officer of the steamship in which she was returning from Italy with her mother.

Mrs. Bramwell Booth, of the Salvation Army, in a paper read recently at a conference of social workers, says that:

It is her solemn conviction that the extent of the evil—the assault and corruption of girls who are young children—is infinitely greater than is at present realized. . . . As to some of the judges, I say with deliberation that if they required evidence as exacting, as formal and final in other criminal cases coming before them as they do in these, ninety per cent. of the criminals brought into their courts would walk out scot-free.

The action of one or two judges—whose names I refrain from mentioning here—is nothing less than a grave scandal.

Mrs. Booth continues:

If these children of tender years could be protected, much evil would be prevented. On one occasion I made careful enquiry into the antecedents of prostitutes and was astonished to find what a large proportion were violated in early youth, and in many cases within the shelter of their own homes.

Mrs. Booth enumerates a number of cases selected from a huge list to prove her statements, and these also show how lightly are regarded such crimes against helplessness and innocence.

In one case a man was proved to have ruined his wife's daughter—a little girl of eight years—

and later his own daughter, a child of seven years. This man was sentenced to seven months' hard labor.

Another case was that of a child of eight years. As the little one was the only witness, and as the accused, her father, denied the crime, he got off scot-free.

A girl of seven was cruelly treated and ruined by her father, who was, nevertheless, let off without any punishment because the magistrates considered there was not enough evidence to convict. An officer present at this trial said:

It was heart-breaking to sit there and hear the little girl of seven recite the transactions that had taken place between her father and herself. She told the magistrate that on one occasion the father had bought her a half-penny balloon because she cried so, and he was afraid her mother would see her. The wife also gave evidence as to the condition she had found the child in—told how she had to keep the little one in bed and away from school, because the child could not walk for two or three days.

A stepfather who had wronged a child of thirteen was sentenced to nine months' hard labor.

Another case mentioned was that of a child of ten, violated by her own father. The latter was sentenced to twelve months' hard labor.

Many other cases were cited, but these are sufficient to show the prevailing official sentiment on this subject.

Mrs. Booth concludes by saying:

I hope that the many cases of girls of fifteen years, where the prosecution has failed because the girl looked older than she was, will be cited by those dealing with this aspect of the question, to point out the necessity for the raising of the age of protection.

One is reminded of the case of a judge in California. A little girl was lured to a park and assaulted. The moans of the child were heard, investigation was made, and the child found. The man responsible for the outrage was arrested, and his bail was fixed at \$1000. The criminal appealed, and the judge who heard the case reduced the man's bail to \$100. The man fled, and so escaped punishment, and the judge, no doubt, would have continued his practice of encouraging assault upon girls and women by regarding the crime as a mere trifle. But unfortunately for this interpreter of law, as well as for the criminal in the pen, the women of California had been enfranchised and with the help of the good men of the State the judge was retired permanently from the Bench he had disgraced.

The truth of the statement made by ex-President Taft cannot be questioned: "That no class can care for the interests of another class so well as one of its own members."

When reputable authorities from different localities place before us statistics gathered from their personal observation, we are startled at the social conditions by which we are surrounded, and we are led, inevitably, to examine not only the laws which permit such outrages, but also the lawmakers and the interpreters of the law.

Woven into the fabric of our social and industrial life there is an undercurrent of indifference to the need of protection for women, and this attitude is reflected in our legislation. In a case of rape or seduction the law does not accept the unsupported testimony of the victim, and as the potential criminal is not obliging enough to provide a possible witness against himself, most of these cases go by default. The law takes the attitude that it is better to allow criminals to go unpunished for a heinous crime, than it is to permit men to be the subject of blackmail. If a man steals a girl's purse and then flees into a neighboring State, he can be

extradited for the offense, but if the crime has been rape or seduction, and the man has fled into another State, the woman has no redress.

Miss Jane Addams says: "The charge of seduction made against a man is defined as a misdemeanor—a breach of manners as it were; the punishment for rape is the same as that inflicted for \$15 worth of property."

All the statutes which safeguard one sex at the expense of another breed and foster immorality. The "stronger" sex has been surrounded with legislative defenses while the "weaker" sex has been left without such protection,—on the contrary, has been placed at the mercy of those willing to take advantage of a situation they have themselves created.

The worst laws upon our statute books are those relating to the protection of women, and these, such as they are, without doubt, are the most frequently evaded. On the other hand, the best laws we have—those enforced at all costs—relate to the protection of property. More than three thousand years ago, it was the proud boast of an Egyptian king that women might wander anywhere throughout his dominions without apprehending danger. The ex-

planation of this extraordinary security and protection afforded the female sex was found in the laws of Egypt, which punished a crime committed against a woman more severely than a similar crime committed against a man.

Under old Saxon, Gothic, and Scandinavian laws, rape was punished by death. In the reign of Henry II., rape was punished by castration and loss of the eyes. Afterwards the punishment for this violation was made less severe, with the result that crimes of this character increased greatly in number, so that the old penalty had to be revived. History as well as current events show us the effect of regarding crime indulgently.

The age of protection for girls is a subject requiring attention in many of our States. Legislation, which so carefully guards dollars and houses and lands, often fails to protect young, helpless, sometimes friendless and homeless girls. Generally speaking, a woman is not considered mature enough to make legal decisions regarding material property until she reaches the age of twenty-one years, yet in several States the law declares that at the age of ten or twelve years she may accept responsibility

for an act the nature of which and its bearing on her future life she is totally unable to realize.

Eugene A. Hecker says that "until the decade preceding 1898 the old common law period of ten, sometimes twelve, years was the basis of the age of consent in most States and in the Territories under the jurisdiction of the national government." In 1885, the age in Delaware was seven years, after which the baby was old enough to be considered the tempter of men six and even seven times her age. In Florida at the present time the age of legal consent is sixteen, but the penalty above ten is so insignificant that ten years may be regarded as the legal age. In Georgia and in Mississippi, the legal age of consent is ten years, in Kentucky it is twelve years, while in Nevada, New Mexico, North Carolina, South Carolina, Virginia, and West Virginia the age of protection for girls has been placed by the men of the State at fourteen years.

The life of the young girl alone in a big, strange city who is thirsting for affection, who is often lonely and weary of the monotony of her daily drudgery, longing for recreation, for companionship, and as helpless and confiding as a kitten,



is indeed a problem; and unfortunately the qualities which should appeal most strongly for sympathy and protection are too often her undoing.

Even in her search for work the girl is exposed to perils she did not know existed. The manager of a typewriting company who obtains positions for about 15,000 girls annually, has said:

There have been outrages committed in the Broadway offices of large corporations that have been kept quiet for the sake of the girl concerned. We know something of the number of girls who return to us in tears and sob out their story to some of the girls in the office, but we have no idea of the vast number of young women who have found themselves forced into a difficulty from which they were too ashamed to seek relief.

While performing their daily tasks, girls sometimes cannot avoid hearing coarse jokes and obscene remarks, and they are occasionally obliged to leave their positions altogether because of indecent suggestions made to them. Not to mention chivalry, what kind of sportsmanship is it that takes advantage of weary, overworked, poorly fed, and underpaid girls? And yet men well fed, well clothed, with all the leisure they desire, and with a knowledge of the world, think it the merest pastime to lay traps

and pitfalls for tired feet to walk into. They forget that the victimized girl is somebody's daughter, somebody's sister, and that it is a cruel and a pitiful thing, on the very threshold of her young life, to crush out everything that is womanly, and to make her an object of loathing to all.

When considering facts bearing on the manufacture of the public woman, a letter written to the Chicago Vice Commission by one who had qualified, deserves some attention, as it presents the point of view of one of the most interested parties. The missive is self-explanatory. The woman says:

Girls go wrong because they are tempted by lies and overpowered by the evil in men, . . . the men seemed to consider me their prey, and all the time it was fight, fight, fight. . . . They wanted to be nice to me, they said; to take me to the theater, treat me fair, and give me a chance to enjoy life. If they had only let me be—only let me live as I wanted, I wouldn't have to slink into a corner with my veil down, afraid to look a good woman in the face.

Another letter received from the underworld was as follows:

Low wages, dance halls, hunger, cold,—they all helped a bit, but they didn't themselves turn the trick. I don't know any girls who sold themselves for money to buy

bread, but I do know lots of them who hit the road for hell because a lot of blackguards kept hounding them with their rotten attentions. . . . There are hundreds and hundreds of kids and sports who hang around State Street, waiting like wolves for tired girls to leave the stores. . . . Why don't you make the men be good? Now, the girls haven't a chance, and they never will have, while the law smiles at one and spits at the other.

The problem of prostitution is one which bristles with complications, but while contributory causes are legion, such as lack of good example, lack of home training, and poverty, the ruthlessness and lawlessness of man, woman's self-constituted protector, are in the main responsible.

## XIV

### AN ANCIENT INDUSTRY AND A HOARY PARTNER-SHIP

PROSTITUTION, with its attendant evils, would seem to be almost as much a political as a moral question; if it were only the latter, the problem would be easier to solve. It is usual to find cadets and other purveyors of vice, members of political organizations, from which they can secure, in time of need, prompt and efficient assistance. The army of parasites that is fed at the political trough forms the balance of power at election time, and must be cared for. In the local courts, too, the politician is all-powerful and takes care of the henchmen who, when the order is given, rally to his standard. Thus the thieves, thugs, crooks, and repeaters render their aid in sending a certain type of man to the legislature, who afterwards, in his official capacity, proves a worthy representative of

those who were instrumental in placing him there.

These facts may explain why bills for the better protection of young girls have met with such determined resistance in our legislatures, and why, when grave crimes are committed against women and little girls, the interpreters of the law, with such astonishing frequency, allow the accused to escape through a technicality. *Vigilance*, for May, 1913, speaking of certain conditions in Philadelphia, says:

We have been shocked and surprised by the very cordial relations between certain of our magistrates and the vile lot who run the prostitution business. Our investigators were introduced to some of these magistrates in the rooms of a political club by two notorious pimps. In making this statement we feel bound to add that such experience is in marked contrast to the attitude of certain other of our magistrates.

Investigators of certain conditions in Philadelphia have commented on "the close affiliation between political clubs and vice," an association, unfortunately, not at all uncommon. In the report we read:

Among the worst dances which our investigators attended during the five months' investigation, was a ball given by a political club. Another such club is a "hangout" for

politicians, barkeepers, pimps, etc. Our investigator was taken to this club by three well-known pimps. As they neared the club-house, one pimp approached the political leader of the district, who gave him five additional passes for the "boys" to a house known as a notorious resort. About a dozen pimps and disorderly house keepers were at the smoker on this evening. At this smoker, our investigator again met a magistrate, who joined the pimps and our investigator at a table in the billiard room and they had drinks together. They spent most of the evening together.

Jane Addams declares that prostitution is the "unbreakable bank to which the corrupt politician can always repair when in need of funds."

Mrs. Anna Garlin Spencer says that "prostitution is both a vicious indulgence and a commercial business. As a business, it has its roots in every form of police graft, of legislative corruption, of administrative and even judicial debauchery."

We learn that the degradation of women is the source of financial gain to many men, who would find themselves in straitened circumstances if effective measures were taken to wipe out the evil. It is not surprising, then, that the capture and barter of women is a well-organized, as it is an astonishingly lucrative, business; that no art, no effort, no money is spared to

maintain it in a prosperous condition. Men who are not susceptible to other attractions, are lured by exhibition, and dance, and wine, and song. Indeed, if these influences were eliminated, "the trade" would receive a staggering blow. Fresh young victims are being constantly sought and provided for these markets, the brothels; for this "stock," as it is called, quickly deteriorates because of the unnatural life led, and the drugs and drink used. There appears to be a demand for youth, even extreme youth, and prices vary according to attractions.

The Chicago Vice Commission has made clear that "it is a man's and not a woman's problem we face to-day; commercialized by men, supported by men, and the supply of fresh victims furnished by men." Dean Sumner adds: "Separate the male exploiter from the problem, and we minimize its extent and abate its flagrant outward expression."

But how is this sorry business supported? What subtle, secret influences besides political power constitute the strength and the menace of this social nightmare, paralyzing in its immediate effects and ultimately destructive? Investigation shows that the supporters of pros-

titution come from all ranks of life, the young and the old, the married and the unmarried, the rich and the poor, the learned and the ignorant.

Dean Sumner said recently that of those who supported prostitution "fifty per cent. were married men who had promised to be true and honorable to some woman they loved."

August Bebel tells us that in the brothels of our large cities may be found

cabinet ministers, high military dignitaries, councilors, members of legislatures, judges, etc., going in and out, and side by side with the representatives of the aristocracy of birth, of finance, of commerce, and of industry,—all of them who by day and in society strut about with grave and dignified mien as representatives and guardians of morality, of order, of marriage, and the family; and who stand at the head of the Christian Charity Societies for the suppression of prostitution.

It is the opinion of Fred. R. Johnson, Superintendent of the Research Bureau of the Board of Public Welfare, Kansas City, that

no class of society is exempt from this prevalent evil. Patrons come from all stations of life. Leading business and professional men, men lionized in society, and church members, of eminent respectability, place themselves on the same level as the lowest hoodlum of the street. The only difference is that the influence of the former is more



vicious in luring a better class of girls into these dens of infamy. Married men appear to outnumber those not married.

Testimony given before the Curran Committee some time ago disclosed the fact that there are over 6000 men in New York City who are living on the earnings of 24,000 white slaves subject to their control, and that this city spends annually in vice \$57,000,000. It has been shown by sworn testimony that in certain sections of the city, the uniformed policemen, as well as the plain-clothes men, were acting as aids to the brothel keepers; that many of the police officials were themselves a part of the vast system of law-breaking and crime which had as a basis political corruption and sex exploitation. Thus these men, paid out of the public purse, sold the right to break the law, and while ostensibly protecting the women, did much to maintain the conditions they were paid to abolish.

So reluctant are girls to enter upon this life in the house of ill-fame, that associations of local, of national, and even of international scope have been formed to lure them from their homes, all kinds of trickery, fraud, and deceit being used to get hold of them. Mr. Stanley

W. Finch, Chief of the Bureau of the Federal Department of Justice, says that "no woman of any station whatever is safe from the traffic," because the business methods of these traders are so perfect that they are able to obtain almost any woman they select. Mr. Finch believes that "not less than 25,000 girls are required annually for the traffic, and that at least 50,000 men and women are living on these girls and women."

We learn from the report of the Immigration Commission that the White Slave Traffic which exists to feed the brothels is strictly foreign commerce for profit; that those engaged in recruiting for houses of ill-fame watch the employment agencies, the immigration homes, the moving-picture shows, the dance halls, the skating-rinks, sometimes the waiting rooms in department stores, the railroad stations, the manicuring and hairdressing establishments; that these men are well, perhaps flashily, dressed, have bland, suave manners, and that, when together, they discuss the good points of the woman as they would those of a horse or a dog.

When first brought to the brothel, the unwilling victim is usually under the influence of a

drug, and is wronged before she recovers her senses. When the life is forced upon her, she has to be "broken in." During this time she is not allowed to leave the house, and is deprived of her street clothing. An endeavor is made to impress her with the belief that for her there can be, now, no future and no other life but that of the prostitute; that she is eternally disgraced and dead to her family and friends, who, if they saw her, would regard her with loathing; that no employer would have her, for she is branded with her shame, and if he engaged her in ignorance of her true character, she would be, when discovered, instantly discharged.

If the girl attempts to escape, she finds the pimps of different cities leagued together and ready to lend assistance in her recapture, for the cadets and their interested associates are anxious to keep their victims intimidated by impressing them with the perils and dangers attending attempts to escape.

The girls who regain their liberty rarely apply to the police for assistance, which is certainly significant, and they must avoid, also, those who are profiting financially by the trade of the brothel. In the house of shame, the

girl is, in form at least, credited with a certain part of her earnings, though from this sum is deducted the cost of obtaining her. She is charged exorbitant prices for everything she uses, the object being to keep her in debt if possible.

While enormous profits are made in the trade of prostitution, the girl who earns the money, even in the short time when her attractions are at their height, receives but a small portion of what she earns, and as her attractions fade, her commercial value falls and she sinks lower and lower. Girls have been traced from the most luxurious abodes of professional immorality to the lowest purlieus of vice, their descent being accomplished in a wonderfully short time. Some are kicked and beaten, cowed into submission by their owner and keeper, who boasts of his power with the police, the politician, and the law.

Abnormal methods of prostitution, largely imported, are now practiced with great financial gain by thousands of young men who have abandoned respectable occupations for this one; and along the Pacific coast there have been a number of assaults upon young boys, indicating that this appetite grows by indulgence.

Girls most likely to fall into the clutches of those who find in the degradation of women a source of income, are the credulous, and those in the bread-winning class. Many girls who have always been carefully protected from just such dangers as these have been reached through carefully worded and misleading advertisements. Wives and young mothers, too, have been made victims in this way.

Numberless are the schemes employed in this trade to get hold of the "meal tickets," as they are called; the subtlety and ingenuity of these schemes are indeed remarkable. The many resources of the procurer are made evident by a perusal of instructions and advice distributed widely for the benefit of unsuspecting women. These rules of guidance have been printed by the Traveler's Aid Society of England and are:

1. Girls should never speak to strangers, either men or women, in the street, in shops, in stations, in trains, in lonely country roads, or in places of amusement.
2. Girls should never ask the way of any but officials on duty, such as policemen, railway officials, or postmen.
3. Girls should never loiter or stand about alone on the street, and if accosted by a stranger (whether man or woman), should walk as quickly as possible to the nearest policeman.

4. Girls should never help a woman who apparently faints at their feet in the street and should instantly call a policeman to her aid.

5. Girls should never accept an invitation to join a Sunday School or Bible Class given them by strangers, even if these strangers are wearing the garb of a sister, or a nun, or in a clerical dress.

6. Girls should never accept a lift offered by a stranger, in a motor or a taxicab, or vehicle of any description.

7. Girls should never go to an address given them by a stranger; or enter any house, restaurant, or place of amusement on the invitation of a stranger.

8. Girls should never go with a stranger (even if dressed as a hospital nurse) or believe stories of their relations having suffered from accident, or being suddenly taken ill, as this is a common device to entrap unsuspecting girls.

9. GIRLS SHOULD NEVER ACCEPT SWEETS, FOOD, A GLASS OF WATER, OR SMELL FLOWERS OFFERED THEM BY A STRANGER; NEITHER SHOULD THEY BUY SCENTS OR OTHER ARTICLES AT THEIR DOOR, AS SO MANY THINGS MAY CONTAIN DRUGS.

10. Girls should never take a situation through an advertisement, or a strange Registry Office, either in England or abroad, without first making enquiries from the Society to which they belong, or from the National Vigilance Association, St. Mary's Chambers, 161, Strand, London, W. C.

11. Girls should not go to London or any large town for even one night without knowing of some safe lodging.

The Mann Act, which went into effect in 1910, has proved much more efficient than any of its predecessors and many convictions have been obtained under it, but the working of the act

is often hampered for lack of funds. If legislators would only realize the appalling conditions of the White Slave Traffic, they would be stirred to more vigorous action.

The tin-plate ordinance of Portland is a method of dealing with the Social Scourge that has proved itself of value. It compels the owner of a brothel to have his name displayed in a conspicuous place upon his property.

But probably no legal method of dealing with the situation is equal to that of the Injunction and Abatement Law of Iowa. This law was so exceedingly efficacious that those interested in the maintenance of prostitution and the White Slave Traffic labored for four years to have this legislation repealed, and were strong enough finally to get what they wanted, so that the bill was, on a flimsy technicality, declared unconstitutional. Every State in the Union ought to have an Abatement and Injunction Law.

## XV

### SUGGESTIONS

IN order to combat successfully the numerous obstacles which stand in the way of social well-being, we must rid ourselves of many traditional errors and compel the public to realize its own responsibility for the health and happiness of its citizens. As we are more or less dependent one upon another, we cannot ignore the interests of one class without injuring the whole body politic.

The poor, the ignorant, and the helpless must be protected as efficiently and promptly as gold and silver, houses and lands. The young and thoughtless should be guarded from the consequences of their own ignorance, and those who would prey upon them must be treated as the law demands.

As the economic situation is a factor in prostitution, girls should have a vocational training



so that when the young woman is cast upon her own resources she will be sufficiently skilled in her work to command from the very first a living wage. There should be a minimum wage scale for girls, and we ought to establish more trade schools for them. As these schools when efficiently managed, and in appropriate localities, soon become self-supporting, this philanthropy should appeal to those who are able and willing to help their own sex to greater usefulness.

Suitable recreational facilities for young people are a necessity rather than a luxury. The craving for amusement is natural and innocent and after long hours of monotonous, uninteresting toil is really a requisite. If relaxation is not provided where it may be enjoyed in a wholesome way, it is sure to be found somewhere. Perfectly innocent persons, with no thought of evil or of lurking danger, find their way to dance halls where temptations surround them. Sometimes water is not obtainable and strong drink, which thirst compels them to swallow, is forced upon the dancers. This is often the beginning of the end.

Recreation centers, under suitable supervision, are urgently required. This supervision should,

partly at least, be in the hands of women police officers, who are proving themselves such efficient protectors of their own sex. There is no good reason why schools and other public buildings should not be used in the evenings as playgrounds for adults. If such means of wholesome enjoyment were provided, with the danger element eliminated, there would, no doubt, soon be a very decided falling off in the ranks of the prostitute.

**The Health Certificate as a Prerequisite of Marriage.** The family is essential to the continuance and stability of the race as well as to the strength and vigor of the nation; and the greatness of a people lies not in overflowing exchequers, in stately edifices, or in pomp and display, but in wholesome, normal motherhood. It is upon the shoulders of the mother that the heaviest physiological and moral responsibilities fall. It is she who pays the heavy cost of renewing the race. Justice demands, therefore, that adequate protection be afforded one whose services are so indispensable.

Marriage has been the subject of regulation from the earliest times. Even the untutored savage was not allowed to marry as he pleased;

and statutes regulating the institution of marriage demanded obedience no matter how stringent such laws might be. Death itself has often been visited as a penalty on those who failed to observe the written or unwritten decrees. Ancient history records the efforts of different peoples to regulate marriage. The ancient Hebrews had formulated laws to conserve their racial well-being through marriage. A Greek citizen committed a penal offense if he married a stranger. The Roman patrician dared not marry a plebeian. Travelers tell us that the Indians of Guiana, the Dyaks of Borneo, and the Arabs of Upper Egypt do not allow their young men to marry until they have proved to the satisfaction of their elders that they are capable of supporting a family and of worthily carrying on the life of the tribe.

All restrictions and supervision have the same end in view—that of conserving and enhancing the virility of the race. The effort to evolve into something nobler and finer seems, therefore, almost instinctive, and common to both primitive and advanced races. Even as early as 1644 England passed an act which asserted that marriage was not a sacrament, nor peculiar to

the Church, but common to mankind and of public interest to every commonwealth.

We might very naturally expect the State to take an interest in safeguarding an institution so essential to its own existence, and in this country a number of States have already enacted laws to prevent diseased and unfit persons from entering the marriage relation. Such a restriction is not an infringement of individual right, but merely an effort to enhance social well-being,—to promote the general welfare. In our communal life we are obliged at times to obey many injunctions which are not always convenient for the individual to observe, but the greatest good of the greatest number is a law which takes precedence of all others.

According to Justice Harlan,

the greatest of all rights is not unrestricted license to act according to one's own will. It is only freedom from restraint under conditions essential to the equal enjoyment of the same right by others. Society based on the rule that each one is a law unto himself would soon be confronted with disorder and anarchy.

Justice Carter declares that "the police power of a state is that inherent plenary power which permits it to prohibit all things hurtful to the comfort, welfare, and safety of society."

State enactments, however, can be of but little service unless such legislation is supported by one of the strongest of all social forces—public opinion.

Those who are familiar with the tragedies enacted in domestic life when one conjugal partner exposes another, who is innocent of all transgression, to a grave physical injury, the blighting effect of which may even be transmitted to the unborn, can only wonder at the apathy and inhumanity which could so long overlook these social crimes against the innocent and helpless and could even assist the guilty one to maintain his secrecy.

A public question involving the best interests of society should receive most careful consideration from all intelligent citizens. As the mother is the fountain of life, effective measures should be adopted to prevent contamination of the stream of life at its source; the creator of life should be the dictator of law in this particular sphere, so peculiarly her own. Every woman who makes a contract of marriage should be able to do so without imperiling her health or life, or without encountering any risks save those incident and natural to marriage and maternity.

When the husband can show a moral slate as clean as he expects his wife to have, there will be fewer invalid wives, and fewer husbands to commiserate because of the size of the doctor's bills. Ignorance should not suffice as an apology for an intolerable and ineradicable injury. The wife and mother in her home has as much, if not more, right, to protection from irreparable wounds as have the worker in the factory or the man in the street.

Efforts to secure protection from tainted or unsuitable marriage have been made in Indiana, Washington, Connecticut, Michigan, Wisconsin, New Jersey; and the leaven is working in Rhode Island and in other States. Before a man can obtain a marriage permit in California, he must present a health certificate showing that he is free from venereal disease. In Indiana, no indigent or insane person, no one afflicted with contagious or with transmissible disease, and no one under the influence of drugs, can obtain a marriage license. In Washington, applicants for the right to marry must first be passed upon by three reputable physicians, appointed in each county by a probate judge, and the candidates for marriage must, to the satisfaction of

these physicians, prove their freedom from disease that would injuriously affect the marriage relation.

Life insurance companies, before issuing a policy, demand credentials from the candidate for the benefits in their power to bestow. They enquire into the condition of his physical health, and the company retains the right to accept or reject the applicant according to the report received concerning him from their examining physician. The State, too, requires from every man who wishes to become a soldier certain physical qualifications before enlisting him in the army; and there are not a few who fail to measure up to the standard.

Laws of a similar kind relating to marriage, even if faulty in some respects, might still be of service. They would at least tend to prevent the hasty and ill-assorted marriages which seem fated to end disastrously.

Such decrees are educational in influence, for they arrest attention and arouse discussion. They have also a deterrent effect, for there are some who, though they would not be hindered by the moral wrong of an action, would nevertheless hesitate if they were certain that punish-

ment for the consequences of that action would surely follow. The dread of inevitable punishment appeals with great force to individuals of a certain type, and is often the only agency by which such persons can be held in check

It will be perceived that guarding the sanctity of marriage from evitable accidents which lead to rupture of family relations and the deterioration of peoples is quite a different thing from the selection by experts of couples to be mated who are physically perfect animals. The latter idea is indeed absurd, for the psychic bond is an element of paramount value in the human race, and cannot be discounted even in the animal. To eliminate this factor, therefore, or to minimize its importance would be to descend below the level of the beast.

State enactments which draw attention to the importance of clean living before marriage, would emphasize for fathers, mothers, and other guardians of youth the necessity, so long overlooked, of enquiring into the previous life of the aspiring benedict, and the young woman who had received some instruction in the hygiene of sex would be an efficient aid in enforcing such a law.



A certificate of health obtained from the family physician would in most cases be of but light value, as the microscopic and bacteriological tests require special skill, training, and apparatus. The physician in general practice cannot be expected in this generation to be a specialist in all branches of scientific work; that is an impossibility. The bacteriologists, however, employed in the city or State laboratories might be relied upon to examine specimens sent them by the private physician, as they do in suspected cases of diphtheria, tuberculosis, and other diseases.

In view of the fact that repeated examinations are often necessary to prove the presence of the gonococcus in chronic cases, and that there are long periods—decades at a time—when no trace of syphilis is visible externally, it would be well to enact a law making it a criminal offense for one individual knowingly to infect another with venereal disease. If damages can be obtained from a railroad for the loss of a member which renders the victim dependent or helpless, then why should not the wife and mother who is mutilated, and whose children are maimed, if not destroyed, also have redress? Why should

the dignity, health, happiness, and even life of woman be sacrificed on the altar of lust?

Such a law, involving severe punishment, would prevent those suffering from venereal disease from entering the marriage state. Under present conditions, as every physician knows, men may refuse to listen to the medical counsel which runs counter to the patient's own inclination.

A law of this kind would have the effect of opening the woman's eyes to the possibilities which marriage with a man who had sowed his wild oats might entail upon her and upon her children. When in turn man saw what was demanded of him, he would in time learn to conform to the standards he long ago raised for woman, and the double standard of morals would be consigned to oblivion. No civilization can endure which permits a condition of life to exist which poisons the very wells of life and which exerts a blighting effect upon all its social forces. It is only the country conscious of the necessity for sexual hygiene, and willing to adopt suitable measures to obtain the same, which can acquire, or which can retain, a high place among the nations.

## XVI

### METHODS OF EDUCATION IN THE HYGIENE OF SEX

PRACTICALLY all educators who have given careful thought to the subject are agreed that the instruction of the child in the hygiene of sex should not be left to chance, but should be commenced at an early age. A question so important—one destined to affect his whole future either for good or evil—ought to receive at least a fraction of the time devoted to far less important subjects.

Such instruction must be given sufficiently early to forestall the knowledge sure to be obtained from some source; and, other things being equal, the ideal teacher would, of course, be the mother. Unfortunately, however, she often shrinks from the task, and not infrequently is in need of instruction herself.

The child's perfectly natural and innocent

curiosity prompts him to ask questions which, if the mother is wise, she will not try to evade, but will answer in terms suited to the age and the comprehension of the child. The parent should make her child feel that the confidences between them are sacred, and that "mother" is the person to supply information and give counsel on these subjects.

The teaching may begin as early as three or four years of age, and the instruction imparted should be suited to the intelligence of the little one, and must be the truth and not a fairy story. It is not wise to wait until the age of eight or ten years to instill the necessary knowledge, for by that time the child will have acquired much information from other sources, of a kind not to be commended. Both parent and child are embarrassed, and the mother will have injured or destroyed her child's confidence in herself, which she might have used advantageously.

Where the mother is unable or unwilling to be her child's mentor in this department of knowledge, other teachers must be found. Instructors in sex hygiene must be chosen with the utmost care and properly prepared and trained for their important work. The teacher

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should show no self-consciousness or evince a halting embarrassment before the class, and where the mind is clean and the importance of the object realized, such attitude is necessarily absent. Sex instruction has been made mandatory in the public schools of the State of Washington. Its introduction in the schools is being discussed in many States.

Instruction in sex hygiene may be approached by the biological route. The task is commenced by studying the lower forms of plant and animal life, and a gradual approach is made to the more complicated organisms, until by easy transition the human animal is reached. In plant life, especially, the beauty and perfect adjustment of all the related parts may be shown, the function of the stamens and pistils pointed out, and the different parts utilized to point the way towards a higher development.

Instruction to girls and boys should be given in separate classes. As girls mature at a somewhat earlier period than do boys, the instruction must be imparted accordingly. Special instruction should be given to both sexes about the time of puberty; and as the profession of the teacher as well as his personality counts, the

physician can be of much service at this period in imparting the desired knowledge.

How necessary sane, judicious instruction is, appears from the fact that venereal disease is often found where least suspected. Among the so-called better classes between the ages of fourteen and nineteen, eight per cent. of syphilitic cases have been detected, while in those of a lower class thirteen per cent. have been found. About twelve per cent. of the cases of gonorrhœa have been noticed in young persons between the ages of thirteen and nineteen years. According to Fournier, more than seventy per cent. of infections occur between the ages of fifteen and twenty-five years; and Pileur informs us that young girls who take to prostitution are usually infected as early as sixteen or eighteen years.

W. Travis Gibb has drawn attention to the frequency of developed sexual instincts in little girls of ten and even nine years of age. It would seem, then, that when young people are sent to schools and colleges to be prepared for their future careers, instruction in a subject the most fundamental of all should not be neglected, for instruction in sex hygiene might teach them to

shun evils to which they now thoughtlessly expose themselves.

The public is at present being enlightened in questions relating to sex by means of dramatic representation and the moving-picture show, and this method of education has provoked much perverse comment in many quarters. When a policy of secrecy and silence on all such matters has been maintained for centuries, and is then suddenly, and perhaps rather violently, cast aside, it is natural that the startling change in public opinion should upset the equilibrium of those so long accustomed to the old order of things. But those so incensed and indignant at the present publicity should, before giving expression to their strong disapproval, ask themselves if any good purpose is being accomplished by the methods they would place under ban—if the good does not outweigh the evil, and what methods they would be willing to substitute for those so objectionable. It seems doubtful if any plan of arresting the public attention could have succeeded as well as that undergoing censure.

It must be remembered that the embalmed silence of the ages affected a topic of importance

to both sexes; and there is no reason why the knowledge of important facts, as vital to the well-being of one sex as the other, should be appropriated by only one of the interested parties.

Women, as a sex, have everything to gain and nothing to lose by the revelations now being made on the stage, where the so-called sex plays are being presented. Men will gain also, but they will at the same time lose their power to conceal from women the basic cause of many social ills; while procurers and other traders in women will find their claws, if not removed, blunted at least, by the exposure of some of the methods they employ to obtain "meal tickets."

It is not at all surprising, therefore, that women in general are neither shocked nor surprised at the new order of things. It is not woman who is describing certain plays and moving pictures as "filthy," "vile," "obscene." To the ordinary, respectable woman who gazes at the inside of a brothel as it is depicted on the stage with the patrons left out, there is nothing to suggest the absence of virtue. The interiors she sees resemble those to be found anywhere, and if critics find such places "obscene," they should point out the grounds upon which they base



their conclusions. That pimps and their adjuncts, the corrupt politician, and the respectable citizen who profits secretly from the exploitation of silly, weak, or defenseless creatures, should strongly object to have their characters and their methods held up to general detestation is natural, but why decent citizens should do so is not so evident, except on the assumption that the thralldom of habit and heredity is too strong to be abruptly discarded.

Is the publicity justified? Any one who reads the reports of reputable, highly respected members of society, who have nothing to gain by sensational or highly colored accounts of investigations which they have personally conducted, or with which they have been intimately associated, must concede that one of the most effective weapons to employ against the sinister influences of vice is a thorough exposure of the means used to perpetuate it.

Individuals do not take care to avoid perils the existence of which they do not suspect. The majority of girls and young women are ignorant of, or have only hazy ideas of, lurking dangers which may be encountered in the pursuit of the daily occupation. The drama and the

moving picture draw attention in a vivid, telling manner to possible occurrences in everyday life. On the stage are depicted the subtle, insinuating ways in which girls are approached by procurers, and the former learn through the disasters of others to avoid a similar fate.

In strong contrast to the plays just discussed are those which have received no adverse comment, and yet these by sneer, by sarcasm, by the barbed shafts of pointed wit, by veiled allusion, and in other ways have made a jest of the most sacred relations, while they present a seductive, alluring picture of vice in the form of virtue. It is such plays and pictures as these that should stir up the righteous wrath of those who would preserve the integrity of the home. But when vice is stripped of its soft seductiveness, its silken coverings, its soft music, and the glamor of its artificial enjoyment; and the system of exploitation is placed before the spectator stripped of its attractiveness; when we see its bald, naked horror, its lawlessness, its cruelty, its rapacity, its sinister, inhuman subtleties,—then vice becomes a thing abhorrent and disgusting, and the picture presented can never be effaced, and the lesson conveyed never forgotten.

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It has been necessary for girls to learn that the type of man who is a prop to traffic in women is not necessarily a repulsive-looking creature, but, on the contrary, may be a pleasant and friendly companion. Many girls do not know this. There has never been a reform or moral revolution that was not attended by abuse, but the results vindicate themselves.

Human reason now rises up to demand that ancient wrongs and deeply seated errors shall continue no longer to sow the seeds of decay and death; that the chains of ignorance, selfishness, and arrogant power shall be broken. But while we condemn the brothel keeper and his aides, we cannot excuse those for whom the houses of shame exist, for the patrons of a bawdy house are those who maintain it, and without *them* the house would quickly sink into innocuous desuetude. The supporters of these houses then are responsible for the traffic in human bodies which they authorize, and for the shame and suffering which their demands entail. They are colaborers with the brothel keeper himself. The patrons know that for a woman to take up her residence in a brothel is equivalent to signing the warrant for her own execution.

They know that disease, lessened efficiency, ruined careers, mental defect, physical deformity and an enormous expenditure in taxes follow in the wake of the double standard of morality, and they now know that there is no excuse to be found in the laws of biology or physiology that will present a man with a license to jeopardize his family and his race.

The vastly improved economic status of woman is bound to exercise an important influence upon the social evil and upon marriage. Woman is rapidly attaining a position which enables her to impose upon man the standard of morality he long ago raised for her. The scheme of making woman responsible for the morality of the household and for the purity of the family strain, and placing no restraint whatever upon man, has worked badly. Nature has placed a heavy responsibility upon the shoulders of the female sex, and while woman endeavors to be faithful to the charge, she must insist that her mate be equally faithful in the discharge of his duties. Two parents are needed, not one, and *both* must be sound and clean. Woman must refuse to receive in her society the man who associates with the woman of the under-

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world, who carries her atmosphere with him and is debased consciously or unconsciously by the contact. The mind, as well as the body, is tarnished by such companionship, and the psychical contamination with its indelible stain cannot be lightly regarded.

Education must be the keynote of effort in the removal of an evil so menacing to life, and health, and happiness, as that represented by the ignorance which leads to prostitution and social disease.

It may be that the statement of Ellen Key is correct: "that not until the exact and permanent equality of man and woman, and the greater power and capacity of woman in the creative function is established as a law of nature, will vice disappear."

Life is sacred, and Law must be invoked to preserve its sanctity and promote its welfare.



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